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THE MEDICAL EVANGELIST

A JOURNAL DEVOTED TO THE
PROMULGATION OF HEALTH REFORM PRINCIPLES

VOLUME VI

LOMA LINDA, CALIFORNIA, JUNE, 1919

NUMBER 1



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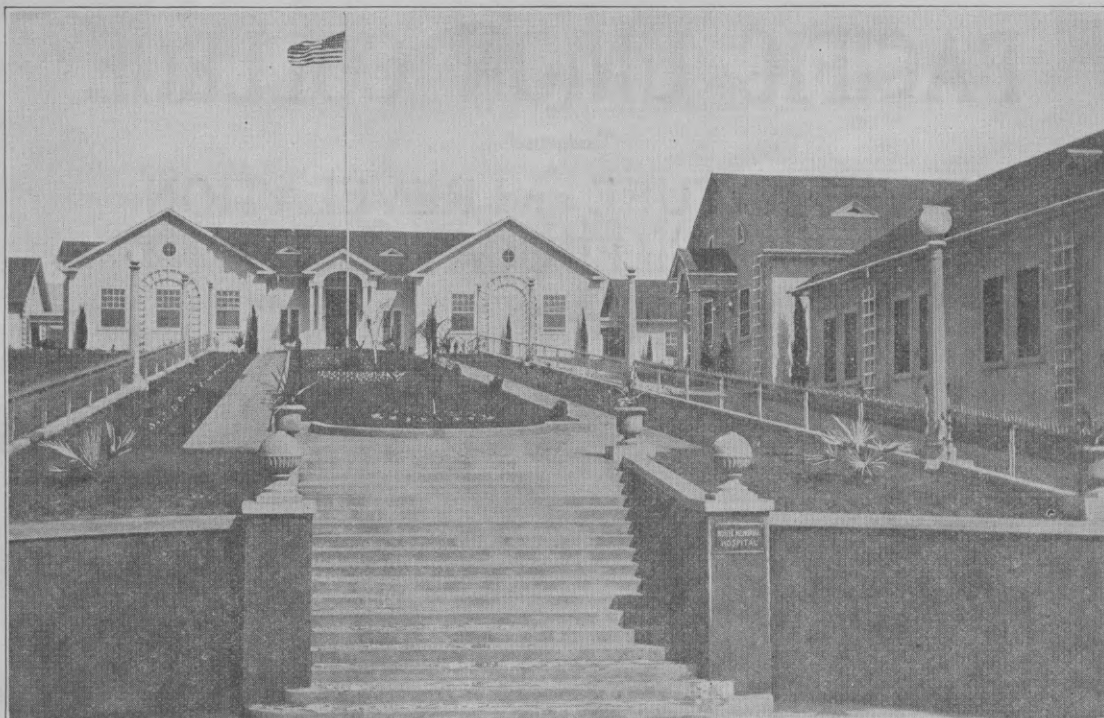


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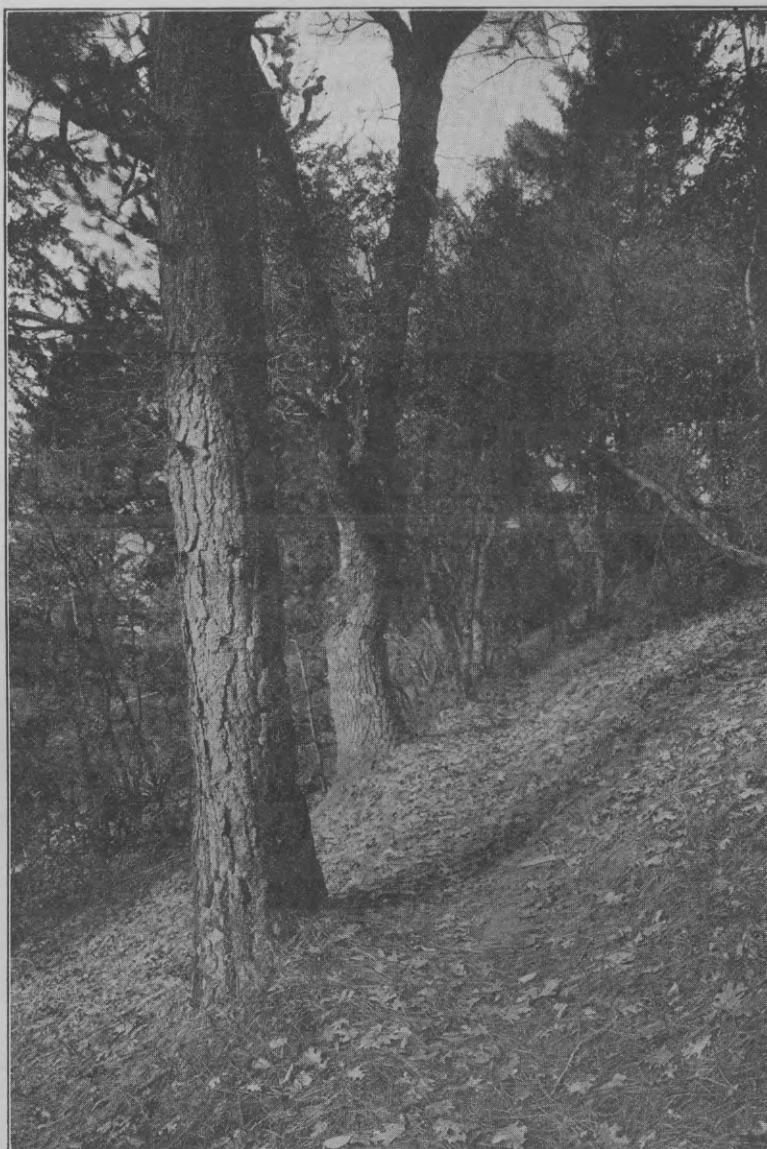
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FOREWORD



PERCY T. MAGAN, M.D.

THE coming of the "Medical Evangelist" at this time is not the birth of a new life, but rather the resurrection of one of an elder day.

When our medical college was still in its infancy, a periodical was published under the title of "The Medical Evangelist." Poverty, lack of support, and the many cares and burdens incident to the starting of a new institution caused its discontinuance.

During the past year a spirit has been growing among the family on the Loma Linda hill that the providence of God was clearly indicating the necessity of sounding aloud the principles of the health reform message according to the faith once delivered to our fathers in this most sacred truth.

We are living in the time of the end. Of this there can be no question among the remnant people. "The fast-fulfilling signs of the times declare that the coming of Christ is near at hand." Plague, famine, and pestilence are stalking abroad throughout the earth. In India alone six million souls lost their lives in the influenza epidemic. In one of the greatest hospitals in all this land forty per cent of all the patients admitted with influenza pneumonia succumbed. With sadness the superintendent of that institution told the writer that had it been possible to have obtained persons with even a brief training in nursing that many of these might have been saved.

Of Loma Linda it has been written that she is to train "thousands" to go forth as medical evangelists,—men and women who will be touched with the woes and sorrows of mankind, whose mission will not be worldly gain, but rather to unselfishly cast their lives into the furrow of earth's great need.

Of the Master it has been written: "Christ feels the woes of every sufferer. When evil spirits rend a human frame, Christ feels the curse. When fever is burning up the life current, He feels the agony, and He is just as willing to heal the sick now as when He was personally on earth. Christ's servants are His representatives, the channels for His working. He desires through them to exercise His healing power."

The mission of the "Medical Evangelist" is to call young men and women to give their lives to medical missionary evangelism, to do its part in training the world how to escape the plagues which are abroad in the earth; to summon men and women to the recognition of the fact that their body is the temple of the Holy Ghost, that they have been bought with a price, and that therefore they should glorify God in their body and in their spirit, which are God's.

Loma Linda is an institution ordained of God to be a wellspring of life to all the world in Christ's own principles of healthful living. Her work and that of her sons and daughters is not designed to be a worldly or popular one. She is to stand in her lot at the end of the days of this earth's history proclaiming God's principles of healthful living separate and distinct from every worldly taint.

It is necessary, therefore, that this institution have a periodical of its own in order that it may keep in touch with those who are interested in kindred ideals throughout the world. One of the first steps in the promulgation of the health message of this people was the founding of a magazine known as "The Health Reformer." Of this little publication it was written: "The circulation of 'The Health Reformer' lies at the very foundation of the success of the Institute" (the original name of the Battle Creek Sanitarium).

And now the work of putting forth this publication is undertaken with prayer and the spirit of sacrifice, and with an earnest purpose that its columns may help to bring the glad day when the Sun of Righteousness shall arise with healing in His wings.

Our Opportunities and

"It Is Our Great Opportunity to Demonstrate to the

GEORGE THOMASON, M. D.

WE are living in the hour of the world's greatest crisis. We are living therefore in the hour of the world's greatest opportunity. Men of God in all ages, could they have looked down the stream of time and had choice to live in what appeared to them the period of supreme opportunity, would without question have chosen the present as being infinitely desirable above all others. It should be a tremendously serious and awfully impressive thought to us that we have been called to just such a time as this; and it is entirely appropriate for us to rejoice in the thought that our unprecedented privileges and service in the last days of God's work in the earth may continue to the very end.

In this hour of the world's greatest crisis, while men wait and watch with bated breath, fearing as to what the next development may be, God has not been taken by surprise. He knoweth the end from the beginning. His great plan was laid at the foundation of the world. No emergencies or exigencies surprise Him. His infinite and marvelous work goes on according to schedule knowing no haste nor delay. The supreme opportunity of this hour is to be so in touch with the Infinite God that He can reveal to us His purpose and His plan for our co-operation in the stupendous task to be accomplished in the remaining hours of service.

All the world is now seeking to readjust itself to the changed conditions brought about by the great war. It is the period of reconstruction.

While men of the world are busily engaged in the reconstruction of things which are temporal, men of God must be equally busily engaged in the reconstructive processes which are eternal.

While men of the world are straining every nerve, night and day, in their efforts to establish for the world an enduring peace, men of God must be straining every nerve, night and day, in their efforts to establish in the hearts of men the real peace of God, which alone can endure.

While men of the world are making large contributions and great sacrifices for the reconstruction of the kingdoms of this world, men of God must be making larger contribu-

tions and greater sacrifices for the establishment of the kingdom of God in this world.

While men of the world are making great efforts for the reconstruction and rehabilitation of wounded soldiers, victims of the great war, men of God must be making greater efforts for the reconstruction and rehabilitation of sick and suffering dying men and women, victims of erroneous and pernicious habits of living.

God has established principles in the world for just such a time as this. In all the darkness of past ages God's eternal principles have lustrously shone. In this period when darkness covers the earth and gross darkness the people, God has established principles in the earth shining more gloriously than ever. We have lived to see the triumph of many of these principles. Within the period of our recollection there was a time when any demonstration or enunciation of the special principles God gave to this people in reference to physical righteousness, healthful living, or rational treatment of the sick would have been received with resentment and ridicule on every hand. The principles were none the less true, nor no less glorious when they were so lightly regarded by the world; but now they shine with an added lustre, with the additional light of scientific confirmation.

A few weeks ago at a large medical gathering the writer heard a wonderful acknowledgment and saw a remarkable demonstration of the efficiency of our great principles in the rational treatment of disease. Dr. Knopf, the great tubercular expert of New York, representing the government in its efforts to prepare for and prevent, as far as possible, the wave of increase of tuberculosis following the war, appeared before this medical convention and outlined his experience in the treatment of tuberculosis. He devoted his entire time at the meeting to emphasizing the rational methods of massage, hydrotherapy, diet and exercise. He demonstrated some of these in a simple way, and showed how they could be carried out in the home. He stated further that he wished he could tell of some medicine that was of specific value in the treatment of tuberculosis, but that he was

Our Responsibilities

World the Restorative Power of Divine Principles"

sorry to say he did not know a single one. Dr. Knopf's lecture was received with unanimous approval by the physicians present at the meeting. This was in marked contrast to a national meeting which the writer attended twenty years ago in Washington, D.C. The session was devoted to a consideration of the treatment of tuberculosis. A demonstration of the rational methods of hydrotherapy and massage was given. This was received with unanimous disapproval by the medical society, and the physician who presented the paper advocating these principles was requested to resign from the society, inasmuch as his ideas of treatment were so at variance with generally accepted methods. Now the government of this country is sending out men of international reputation and having them plead for the general recognition of the efficiency and correct scientific basis of rational treatment. It ought to make us both thankful and somewhat ashamed; thankful that God entrusted this people many years ago with these principles, and ashamed that we have not been better representatives of these principles and more intensely enthusiastic in their promulgation in the world.

The great opportunity of the hour is a recognition in these principles of the only means of salvation to a dying world. Before the great war, there was overwhelming evidence on every side of progressive physical decadence and degeneracy that spelled utter ruin for the world in the near future. The tremendous increase in insanity, heart disease, circulatory disturbances, nervous diseases, kidney, liver, and brain diseases, gave unmistakable evidence of a general physical and mental deterioration throughout the world. And now, superimposed upon this, we have the further awful physical devastation of four years of unprecedented war with its enormous potentialities for further rapid physical decay. The world never before has seen such a combination of the killing and maiming of millions of its best, and physically most fit men, and the formation, by the millions who remain, of degenerating and poison-destroying habits of the most vicious type,—a combination that can mean for the world nothing but absolute physical ruin and disaster.

As to the results of the war there is little,

if anything, we can do. But with the rescuing of the perishing from vicious habits we have much to do. The people perish for lack of knowledge. The habits of taking tobacco, alcohol, tea, coffee, and condiments, of over-eating, of drug taking, are slaying thousands. Two thousand people die in this country every day from easily preventable diseases. Most of these deaths are due to pernicious habits of living and mostly through ignorance, mostly because no one ever brought to these perishing souls the light of the principles of right living.

One of the out-standing features of the recent epidemic of influenza was that apparently about the only successful method of saving the lives of the victims of this disease was by the application of the rational methods of treatment, chiefly hydrotherapy. These principles saved thousands of lives in our schools, sanitariums, and many homes where they were applied. But countless thousands died for lack of the application of these principles. In many places pitiful appeals were made in the public press for those who would go out equipped, even in the simplest ways, to care for the sick and dying. No greater opportunity or challenge was ever presented to a people in this world. The responsibility for many unnecessary deaths, because of inactivity on our part, absolutely rests upon us. Other epidemics will come, more and more vicious and death dealing habits will be ignorantly formed. The great opportunity and responsibility of the hour is to seek a training, be it of an exhaustive or of a very simple kind, and then to demonstrate to the world, pure and undefiled religion by visiting those in affliction. The greatest commendation, as well as the most scathing denunciation in the judgment, has to do with visiting the sick and imprisoned souls.

Now is the harvest time of the world. Now is the eleventh hour appeal for workers in God's great vineyard. It is not enough to read articles and hear sermons which stir our feelings, but which end in a long drawn sigh and inactivity. Thousands will ultimately and eternally perish because of no greater conception of their responsibility.

It is our great opportunity to demonstrate

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Resisting the Next Epidemic

"We are in debt to the world for the advanced health principles given to us by Inspiration."

ARCHIBALD W. TRUMAN, M. D.

THE question of how to preserve the health is one of primary importance to us all, and this is especially true in these strenuous days of struggle, of perplexity, of difficulty and suffering, which make such extraordinary demands upon our physical and mental powers.

Our health is a priceless treasure appreciated most when lost. Of all temporal blessings it is the most precious. Education, position, and wealth are dearly purchased at the sacrifice of health. Without health we cannot fully appreciate or enjoy any other blessing. Without it no one can as distinctly understand or as completely fulfill his obligations to himself, his family, to his fellow beings, or to his Creator.

But let us pause to enquire,—is health only a matter of chance or accident? Does disease drop down from the blue and seize upon one and spare another? Is sickness only a dispensation of Providence? Does Nature do her work at random, without reference to physical law? No, no; health is not casual, but causal. Disease does not come by accident, but by preparatory invitation. Power to resist a prevailing epidemic does not reside in one's capacity to dodge microbes, but in the capacity of his body defences to combat and to destroy them. It is a question of physical fitness, a question of blood.

In the recent pandemic scourge of influenza, the plague found its way to almost every mountain hamlet, to the remote sheep herder's camp, and to the isolated light-house station. It would seem that the words of the prophet were being literally fulfilled, "For death is come up into our windows, and is entered into our palaces to cut off the children from without, and the young men from the streets."

It is believed that in addition to direct contagion the virus of the pestilence was borne by the air, and thus it found entrance through the "windows," made to admit life-giving oxygen and sunlight, and costly palaces did not escape.

It is noteworthy also that the highest toll of human life was not exacted from the extremes of age, but children, young people, and those of middle life suffered most. Have we had the last epidemic? Will pestilence again sweep over the world, enveloping it with the shadowy mantle of grief and sorrow, and renew the somber parades to the cemetery?

Even the contemplation of the renewal of such a tragedy is depressing, but to ignore a menace is but to defeat proper preparation to meet it.

WE HAVE SEEN JUST THE BEGINNING OF PESTILENCES

In response to the disciples' question, "What shall be the sign of Thy coming, and of the end of the world," the Saviour answered, "Ye shall hear of wars. . . . For nation shall rise against nation, and kingdom against kingdom: and there shall be famines and pestilences, and earthquakes in divers places. All these are the beginning of sorrows."

Have we seen the end of war? The papers are talking about the change from the contemplated peace without victory to victory without peace. Have we reached the end of famines? In the face of distressing conditions in the world, the answer must be negative. Have we come to the end of pestilences? "All these are the beginning of sorrows." The greatest epidemics and disease plagues of all time are yet future. What then is our responsibility as those who "know the time" and to whom has been committed great light regarding the development and care of the body temple? In this time of comparative epidemic peace, shall we not make worthy efforts to get ready for the next disease of offensive?

Should not these efforts include a careful review of every health principle which has been given to us, supported by an enthusiastic determination to practice them? Should they not include the study of simple home treatments which do so much to relieve pain and to remove disease; and also a practical knowledge of foods and how to combine and to prepare them to secure the best results in health and in sickness?

Could we not thus secure added strength, vigor and confidence which would fortify our bodies against the invasion of disease and enable us to enter stricken homes, prepared to minister to the suffering ones,—also to teach them right principles and to point them to the Fountain of life and healing? Among the leading causes which undermine the constitution and invite disease are the use of stimulants and improper diet.

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Caffeine Beverages

E. H. RISLEY, M. D.

"The Effect of Tea and Coffee Tends in the Same Direction as Liquor and Tobacco."

THE beverages, tea and coffee, are widely used throughout the world, and are produced in enormous quantities. About seven hundred million pounds of tea are produced in a single year, in the five countries where it is most commonly cultivated. India stands at the head, so far as exportation is concerned, with some three hundred million pounds per year. China is second, or possibly first, when that used at home is counted, as she exports over two hundred million pounds, while Ceylon is third.

The United Kingdom uses the largest amount of tea, consuming over three hundred million pounds in a single year. Russia is second, using one hundred and sixty-six million pounds. The United States requires some ninety million, and Germany about ten million pounds.

Nearly three billion pounds of coffee are produced per year, two and one-half billion of which are grown in Brazil alone. The United States is the greatest consumer of coffee using over one billion pounds per year. Germany stands second in its use, with three hundred and sixty-two million pounds as its quota, while Great Britain uses only about thirty million pounds.

ENOUGH CAFFEINE TO DRUG THE WORLD USED BY AMERICANS

Looking more closely at the use of tea and coffee in the United States, we find that there is a total of one billion one hundred and fifty million pounds of the two used per year. Figuring the percentage of caffeine, the active poisonous principle of both, at one per cent for the coffee, and two and one-half for the tea we have a total of nearly thirteen million pounds of caffeine consumed by our nation in one year. Calculating fifty grains as a possibly fatal dose, this would be sufficient to poison the entire population of the earth.

Tea is made of the leaves of the plant, *Thea Sinensis*. These leaves after rolling, fermenting and drying, contain from one to four per cent of caffeine, six-tenths per cent volatile oil, and from sixteen to twenty-seven per cent tannic acid. Green tea is made from the younger leaves and contains more tannic acid, more volatile oil and less caffeine, and is thus less stimulating than the black variety, but more astringent. The beverage tea is prepared by pouring boiling water over the

leaves and allowing them to stand from two to five minutes. If allowed to stand too long, a large proportion of tannic acid is dissolved out. An ordinary cup of tea contains from one to two grains of caffeine. The medicinal dose of this drug ranges from one to five grains.

Coffee is made from the bean of the plant, *Coffea Arabica*. It is prepared by roasting and grinding these berries and contains from six-tenths to two per cent caffeine, a small amount of an oily substance called caffeol, and a large amount of caffeotannic acid. The caffeol is developed by the roasting process. The caffeotannic acid is a combined form of tannic acid, so that it does not act as an astringent as in the case of tea. A cup of tea contains from one and one-half to three grains of caffeine.

CHARACTER OF CAFFEIN AND TANNIC ACID

Caffeine is an alkaloid. Practically all alkaloids are powerful poisons, and in this respect caffeine is no exception. It is also a member of the group of purin bodies, and this character gives it a close relation to uric acid. Tannic acid is astringent and by this action lessens the production of gastric and other digestive juices, and has a tendency to lessen the circulation of the blood in the tissues with which it comes into contact. The tannic acid of tea is especially active in this way. That found in coffee is held in chemical combination, and therefore does not exhibit this characteristic.

NUTRITIVE VALUE AND PHYSIOLOGIC EFFECT

Both tea and coffee are practically valueless as foods. It is the sugar and milk added to these drinks which gives them ability to yield real energy to the body. They are both classed as stimulants and their physiologic effect upon the body depends quite largely upon the active agent, caffeine. Taking the various organs and systems of the body into account, in considering the effect of this stimulant, we find that the nervous system receives a large share of its influence. The effect is seen in the brightening up of the individual's spirits, the more marked ability to do mental work for the time being, the increase in motor activity and the more rapid production of thought. The digestive system

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DIETETICS



CONDUCTED BY E. H. RISLEY, M.D.

THE message of truth, for which we as a people stand, has, for many years, had very definite blue prints, as it were, on how one should live to make the greatest progress both physically and spiritually. These principles, called collectively, health reform, include numerous statements in regard to diet. The subject is one of great importance in connection with our own lives and also in the giving of the truth to those about us.

Since this journal is an exponent of health reform, it would not be complete if it did not have a department devoted to the subject of dietetics. It will be the aim of this department to give, from time to time, helpful suggestions in regard to the food question, linking up, as far as possible, the scientific work of today with the principles with which we have all been more or less familiar since the knowledge of the Third Angel's Message came to us.

Dietetics is coming into its own in these days of research. Chemical and physiological studies are bringing more and more light to bear on the why of doing certain things in the selecting and eating of foods. Many think this subject is of importance only to those who are ill, but the world as a whole is beginning to realize that there is far more than this involved. The recent war has brought to our view the economic side of the question in a way never before realized by the average individual. The food situation during the war has placed the principles for which we stand in regard to eating, more clearly than ever before us, as a people, and also before many of the outside world. In view of these facts, it seems that everyone of us should make a more determined effort in our endeavor to place the health reform principles where they rightfully belong in connection with our work.

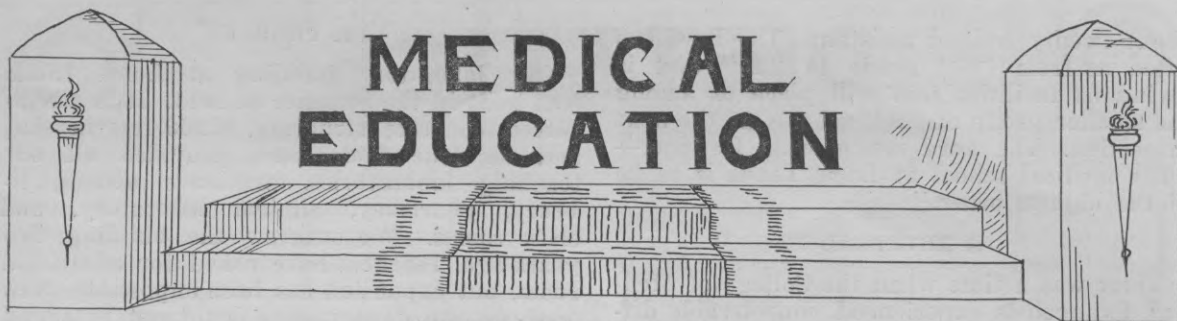
The great war has taught the world that "prevention is better than cure." This is the first time in history that disease has not taken more than the weapons of warfare. This is due to the use of preventive measures. The same principle of prophylaxis holds in connection with eating. When one eats in the right way it will give him reserve to fight disease that he can get in no other way. Much of the sickness in our world today is due to wrong habits of eating. What a field of endeavor is open before those who will use the

simple principles which we as a people have long known but too often have failed to put to their full use.

The subject of dietetics involves much more than was formerly included in its scope. At one time the chief object of the dietitian was to make sure that the food eaten was a balanced ration as to its protein, fat, and carbohydrate content; but today we must make the proper selection of these three food elements, as well as to supply several other important constituents in our ration. True we must supply the proper amount of protein, fat, and carbohydrate, but at the same time we must be careful to choose food materials which will furnish these constituents in an available form, and of proper character. This last point is of particular importance in the consideration of the protein foods. Some of these substances are deficient in their ability to supply the "building stones" necessary to keep the body up to normal. Thus, careful selection of foods which will give the proper protein constituents must be made to prevent this deficiency.

In addition to the above food elements, the work of recent years has added others of great interest. It is now very definitely known that inorganic salts and vitamins are just as essential as those previously mentioned, and that the organism will suffer just as greatly if these are lacking in the diet. This last item explains why our highly milled flours are not as desirable as the whole grain products. In the milling process, the outer, coarser part of the grain is removed, and with it a large part of the mineral constituents, and a considerable portion of the vitamins.

We are all familiar with the statement that the health reform movement is "as closely connected with the Third Angel's Message as the hand is with the body." It is clear to all that the message could not get along without the hand, but how much better work can it do if the hand is performing its normal function. The hand opens the door, and thus we are told that the health reform principles will break down prejudice and pave the way for the rest of the truth. It seems clear, then, that there is a great field for this line of work, and it is hoped that this little journal may be able, through its pages, to help push the work as a whole to the front line of service.



CONDUCTED BY ALFRED SHRYOCK, M.D.

STATEMENT REGARDING THE TRAINING OF PHYSICIANS

"The light given me is: We must provide that which is essential to qualify our youth who desire to be physicians, so that they may intelligently fit themselves to be able to stand the examinations required to prove their efficiency as physicians. They should be taught to treat understandingly the cases of those who are diseased, so that the door will be closed for any sensible physician to imagine that we are not giving in our school the instruction necessary for properly qualifying young men and young women to do the work of a physician. Continually the students who are graduated are to advance in knowledge, for practice makes perfect.

"The medical school at Loma Linda is to be of the highest order, because those who are in that school have the privilege of maintaining a living connection with the wisest of all physicians from whom there is communicated knowledge of a superior order. And for the special preparation of those of our youth who have clear convictions of their duty to obtain a medical education that will enable them to pass the examinations required by law of all who practice as regularly qualified physicians, we are to supply whatever may be required so that these youth need not be compelled to go to medical schools conducted by men not of our faith. Thus we shall close a door that the enemy would be pleased to have left open; and our young men and women, whose spiritual interests the Lord desires us to safeguard, will not feel compelled to connect with unbelievers in order to obtain a thorough training along medical lines."

MEETING THE DEMAND

The College of Medical Evangelists was chartered in 1909 and the first medical class was matriculated in the Fall of that year. Men of prominence in the medical profession both in our own ranks and in the American Medical Association advised against starting a new medical school, giving as a reason that this country already has a larger number of medical schools than any other country in the

world, and that a strong effort was being made to eliminate many of the cheaper schools, leaving only the best equipped, both in the matter of facilities and faculty. It was stated that we did not have enough medical teachers in our ranks to properly man a school so that it could hope for recognition. However, in view of the instruction that came from the Spirit of Prophecy, to the effect that the school should be started, and that men and means would come as they were needed, those who were carrying the burden of the work at that time claimed the promises of the Lord, and launched the enterprise. That first year we offered a pioneer class of eight students the meagerest of facilities. Our laboratories and class rooms were improvised out of what had been used as a bowling alley by the former owners of the institution. Our faculty then consisted of but six physicians, headed by Dr. George K. Abbott. Before the beginning of the next annual session Dr. W. A. Ruble was elected president of the school. During this year there were nine physicians connected with the faculty, and but one of these had ever had any experience in teaching in a medical school. The effort of our board from that day to this has been to encourage our best medical men throughout the country to help the school either as full-time men, or by entering private practice in Los Angeles and contributing a part of their time in teaching in the clinical division.

During the early years of the history of the school a great deal of difficulty was experienced in getting sufficient teaching help, but as the school has become better known some of our strongest physicians have connected with it. Many of our graduates have chosen to remain with us, some of whom have developed into excellent teachers, and are now carrying heavy responsibilities. Furthermore the clinical facilities which have been provided in Los Angeles have so attracted the attention of prominent physicians of that city that many of them are now asking for places on our faculty.

We have grown from a faculty of six, to one consisting of seventy physicians and

about twenty trained assistants. The Lord has lifted us from "C" grade to "B," and is giving us facilities that will place us among the smaller group of "A" schools at the next inspection. The Lord means what He says,— "The medical school at Loma Linda is to be of the highest order."

A REVERSAL

There was a time when the College of Medical Evangelists experienced considerable difficulty in keeping its medical students throughout their entire course. After taking a year or two, or even three years of work in Loma Linda, some students withdrew and entered schools of greater prominence, fearing that should they finish their course at Loma Linda, they would not receive the recognition that they would have by obtaining a diploma from a worldly institution. However, this condition of things is changing. Instead of students leaving Loma Linda, students from some of the outside schools are seeking entrance into our school; and in some cases these students are from the very institutions to which our students formerly went for their instruction. We have recently received several applications from those not of our faith, studying in one of the prominent schools of California, who, recognizing the superior advantages our students are enjoying, wish to finish their course in our school. During this present school year we have accepted three students into the Junior class, and one into the Senior class, all of them from "A" grade schools.

OUR YOUNG PEOPLE ARE TURNING TO LOMA LINDA

In the Autumn of 1914 there were three matriculants in our freshman class, and the succeeding year, 1915, there were four freshmen. This small number of matriculants can be accounted for by the fact that just at this time we were advancing our entrance requirements from a high school course to two years of college work. Following these two years of dearth in students for our freshman class, our number has gradually grown, having had seventeen, twenty-two and thirty-eight, respectively for the years 1916, 1917, and 1918. There is an increasing interest among our young people regarding medical education, and the prospects are that in the future our classes will be well filled. Correspondence indicates that about fifty young men and women are planning to enter the freshman medical class in September, and reports from our colleges show that there are more than fifty who expect to finish their pre-medical work in 1920.

OUR PROBLEM

Our laboratory building at Loma Linda was built in the Summer of 1911. It is a reinforced concrete structure, 56x66 feet in size, and its four floors have provided all our teaching laboratories, executive offices, library, pharmacy, clinical laboratory, and class rooms. We outgrew the building two years ago. Teachers have asked for additional room, but expansion has been impossible. New methods and departments could not be added because of lack of room. During the present session, one teacher, at least, has been compelled to teach his class in sections because of the cramped conditions. With prospects for a class of forty-five or fifty next Fall, additional room for our laboratories is imperative. Laboratories built to accommodate classes of twenty-five cannot be made to properly meet the requirements of classes of forty-five.

THE SOLUTION

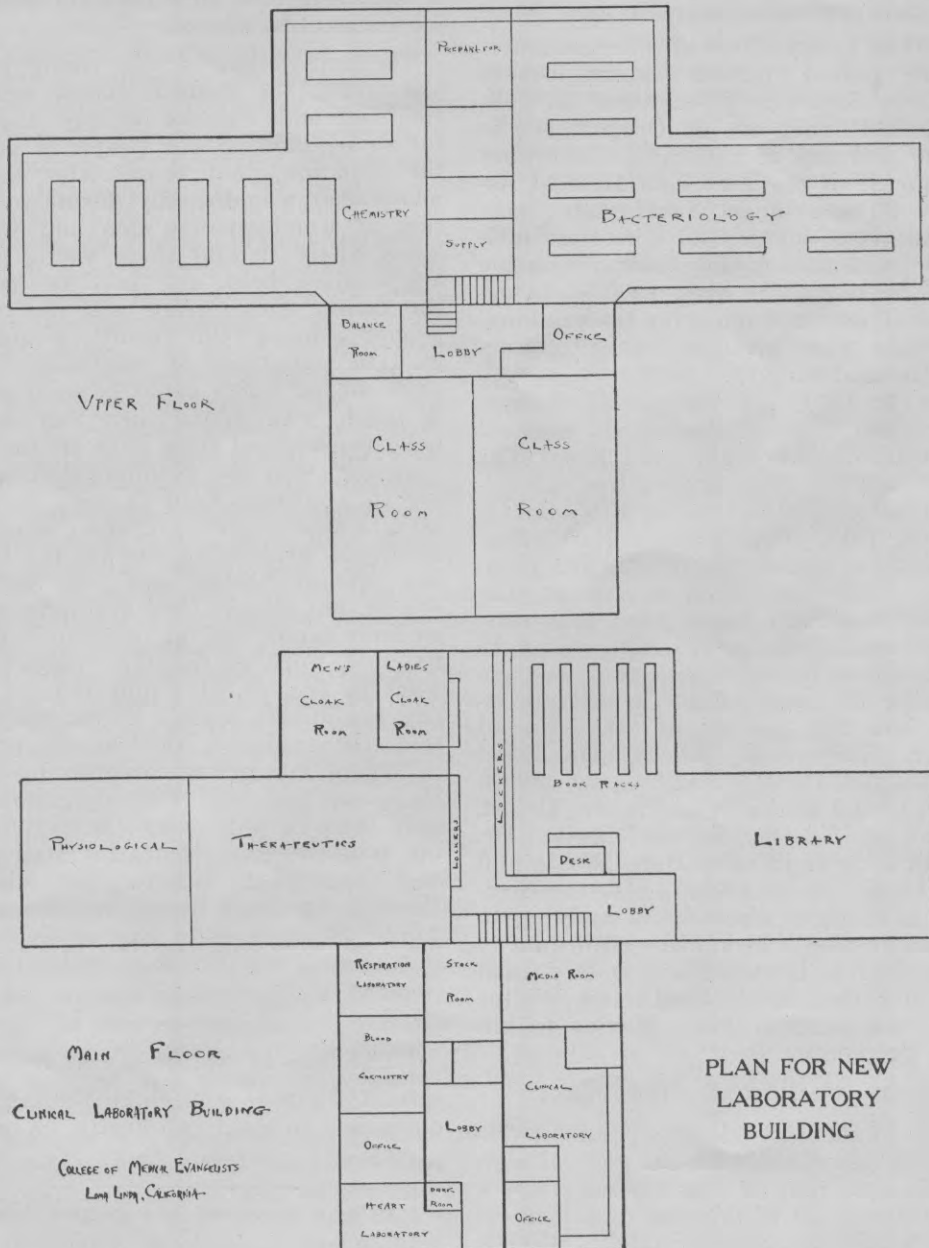
During the closing months of the war, our people awoke to the necessity of giving our young men who were of draft age, a course of training in simple treatments, so that when called to the Army they could ask to be put in the hospital corps. As the result, two schools were organized by the General Conference for this purpose—one in Washington, D.C., and the other in Loma Linda. Barracks were constructed at Loma Linda designed to accommodate fifty students and costing about \$5000. The first class was organized and began work a few weeks before the signing of the armistice. Since there is no immediate necessity for so large a building for the purpose named, it is designed to remodel the barracks building, and, by adding to it, to use it as an annex to our main laboratory building. This will permit of considerable overflow, and will provide new rooms for the chemistry, bacteriology and clinical laboratories. In addition it will furnish two large class rooms and a more commodious room in which to house our library. Last but not least, this new building provides room for the department of physiological therapeutics, which simply means that we shall have new and up-to-date rooms, and facilities for the teaching of hydrotherapy, electrotherapy, massage, and those allied subjects peculiar to our system of treatment. We have felt that in the past not enough prominence has been given to these subjects, and it is designed now to put this work in the immediate charge of a man who will devote his entire time to building up the work of this department.

In the adaptation of the barracks to laboratory purposes there is considerable expense involved. It is estimated that the changes

and new facilities needed will cost in excess of \$10,000. This money is now being raised by the teachers, students and other workers of the institution. The campaign for the raising of this fund is being carried on under the name of the "Loma Linda Jubilee Campaign," which closes at noon on June 1. There is every prospect that sufficient funds will be raised to pay for these much-needed facilities, and it is planned to begin the construction work as soon after June 1 as possible, with the idea of having the work completed before the opening of the school, September 7.

FURTHER PLANS FOR LOS ANGELES

The clinical division of the school, located on Boyle Heights, Los Angeles, occupies a large city block and is almost covered with buildings which have been erected within the last two years. There are now nine buildings in the plant as follows:—The Boyle Avenue Dispensary which is the out-patient department of the Los Angeles division of the college; the Administration building which contains the executive offices as well as the operating room and X-ray department; the Hospital, consisting of two units, and together containing seventy-five beds; the Hydrotherapy



building; the Service building, containing the clinical laboratory, class rooms and culinary department; the men's and women's dormitories, and the Chapel. Last year over 18,000 patients were treated in this division, affording a wealth of clinical material. Following the erection of our new laboratory building in Loma Linda, it is planned to add one more unit to the plant in Los Angeles. This building will be known as the Children's building. The foundation has already been laid, but its erection has been held up for lack of means. The completion of this additional unit will make our clinical division quite complete and ought to insure our school an "A" rating.

OUR GRADUATES IN MEDICINE

During 1918 twenty-five of our graduates satisfactorily passed medical examinations in five states, as follows: Twenty-one in California, one in Illinois, one in Oregon, one in Washington and one in Colorado. According to the "Journal of the American Medical Association," Illinois and Washington have listed graduates of class "B" schools as ineligible for examination in their respective states, but be that as it may, each state accepted one of our graduates for the examination, and they were given a license to practice medicine and surgery.

On June 1, 1919, the College of Medical Evangelists will have graduated six medical classes, a total of sixty-eight graduates. The number in each of these classes was as follows: In 1914 six, 1915 twelve, 1916 eleven, 1917 twelve, 1918 twenty-two, 1919 five. Several of these young physicians are planning to go to a foreign field as soon as the way opens. Some are waiting for passports. Others are earning the means with which to clear indebtedness in order that they may go. The following graduates of our school are laboring in countries outside of the United States: Dr. Herbert C. James, Dr. Ethel Jones-James, and Dr. D. E. Davenport are in China; Dr. Herzel Butka is in France; Dr. A. W. Semmens is in the Tonga Islands; Dr. Olive Smith is in India; Dr. Hans Bonde and Dr. Dale Bonde are in Canada; Doctor Birkstock is in England where he is studying to pass an examination which will entitle him to an English degree. Doctor Elvin is in British Columbia and Drs. Ralph Smith and Walter Lenker are planning to go to Mexico within the next few months.

INVEST IN A MEDICAL MISSIONARY

The cost of medical education has necessarily greatly advanced with the general high cost of living, so that at the present time a conservative estimate of the cost of a medical education would be approximately \$600 a

year. One who is taking full medical studies could not hope to earn any large part of this by such work as he could do while taking the course. It is true that the industrious student could probably earn a considerable portion of this by remunerative work during the summer vacation, but it is safe to say that most students would need at least \$300 a year over and above what they could earn while taking the course. The most of our students are young people who come from poor families, and it has been a sacrifice for them to attend school until they have finished fourteen grades. The majority of our young people do not get even fourteen grades to say nothing of the additional four years of work required in the medical course.

The experiences of our young people who are taking the medical course against great financial odds, shows clearly the necessity for so acquainting our people in general with the situation, that those who have means which they would gladly devote to the education of worthy young men and women, may know where to find these young people who are needing help, and may be assured that the money thus given will be used in the proper manner. Our faculty would be very glad to put those of our people who have some means which could be used in this way, in touch with young men and women who have consecrated their lives to the service of God, and who are planning definitely on going to a mission field as soon as they finish their course. Many of these students could no doubt arrange to borrow the money at a low rate of interest and thus continue their course, but should they graduate with a debt on their hands, and at once enter the denominational work on the low wages which our workers receive, it would require years to pay the indebtedness. Experience has shown that the graduate, thus handicapped, would rather go into private practice for a time until he can pay off his obligations, thinking that then he will enter the organized work; but too often he becomes involved in business and forgets the call to the mission field. There is no doubt that many of our graduates would go at once to the mission field were they free from financial obligations at the time of graduation.

"The laws of Nature are as truly divine as the precepts of the decalogue, and only in obedience to them can health be recovered or preserved." White.

"In the work of the gospel, teaching and healing are never to be separated." White.

The Purpose of the College of Medical Evangelists and the History of its Development--No. I

J. A. BURDEN

A CORRECT understanding of any great enterprise is best gained by a study of its underlying principles, the influences that entered into its formation, the circumstances or providences surrounding it, the method of its development and the purpose it seeks to obtain. Where great interests are involved that demand our cooperation, we naturally inquire,—who authorized or organized the enterprise, what are the objects it seeks to obtain, and what are the methods by which they are to be realized? If it lays claim to more than human plans and purposes, we naturally turn to the Bible for light to guide us in our decisions as to the relation we should sustain to it.

In the Bible we find the fundamental principles clearly laid down. "And by a prophet the Lord brought Israel out of Egypt, and by a prophet was he preserved." Hosea 12:13. And when they were called out of Babylonian captivity, the prophetic gift figured largely in their deliverance and restoration in their own land. In fact, in all God's providential workings that concern His people, this principle is so fundamental that He has clearly stated it. "Surely the Lord God will do nothing, but He revealeth His secret unto His servants the prophets." Amos 3:7. Again, "If there be a prophet among you, I, the Lord will make Myself known unto him in a vision, and will speak unto him in a dream." Numbers 12:6. The whole Bible testifies to the outworking of these principles in every movement that God originated.

Established prosperity has always followed the recognition of these principles. "Believe in the Lord your God, so shall ye be established; believe His prophets, so shall ye prosper." 2 Chronicles 20:20. "To the law and to the testimony, if they speak not according to this word, it is because there is no light in them." Isaiah 8:20. Two principles are here set before God's people,—two conditions of success. The law spoken by Jehovah Himself, and the word given by the Spirit of Prophecy, are the two sources of wisdom to guide His people in every experience. "This is your wisdom and your understanding in the sight of the nations, who shall say, Surely this great nation is a wise and understanding people." Deut. 4:6. The law of God and the

Spirit of Prophecy always go hand in hand to guide and counsel His people whenever they honor His law, and obey the testimonies of His Spirit.

In the closing warfare of the church on earth, these fundamental principles are to be brought into prominence. "And the dragon was wroth with the woman and went to make war with the remnant of her seed which keep the commandments of God and have the testimony of Jesus Christ." Rev. 12:17. Obedience to these principles will distinguish the true people of God, and the test will come on obedience to the law and the present manifestation of the Spirit of Prophecy.

In Jeremiah's day the people had no question about the messages sent through Moses and Elijah, but they did question, and put aside, the messages sent of God to Jeremiah, until there was no remedy but for God to send them into captivity. Likewise in the days of Christ the people had learned that Jeremiah's messages were true and claimed that if they had lived in the days of their fathers, they would have accepted his messages, but at the same time they were rejecting Christ's messages of whom all the prophets had written.

As the Third Angel's Message arose, which is to restore the law of God in its fullness and power, the prophetic gift was also immediately restored. This gift has acted a very prominent part in the development and carrying forward of this great message as a whole, and in the successful development of its different branches. With due regard to all other agencies which have been used, more is due to the Spirit of Prophecy than to all other influences combined. Other influences have come and gone, but the influence of the Spirit of Prophecy has held steady to the great purpose of the message.

As differences of opinion have arisen in reference to interpretation of scripture, and methods of labor have tended to unsettle the faith of believers in the message and lead to disunion in the work, the Spirit of Prophecy has always thrown light on the situation that has brought union of thought and harmony of action to the body of believers. In every crisis that has arisen in the development of the message and the growth of the work, those who have stood by the law of God and

Continued on page 30

THE FORUM

DEVOTED TO STUDENT INTERESTS

RELATIVE DIGESTIBILITY OF TOAST, FRESH AND STALE BREAD*

F. C. GREGG AND E. C. COLBY

Our readers are doubtless aware of the fact that there are in the Testimonies many statements concerning health reform principles which are advance light for this time. In the department of physiology, groups of students have been studying these statements with a view to determining the physiological factors which form their basis. Interest in the question under discussion in this paper was stimulated by a statement occurring on page 301 of "Ministry of Healing," which reads as follows: "When hot or new, raised bread of any kind is difficult of digestion. It should never appear on the table."

In an unpublished testimony of Jan. 11, 1897, a similar statement is found: "Fruits used with thoroughly cooked bread, two or three days old, slowly and thoroughly masticated will furnish all that the system requires." That "thoroughly cooked bread two or three days old . . . is more healthful" is the point of special attention here.

EXPERIMENT

The method of attacking the problem was as follows: After removal of all stomach contents three students were given a normal test meal consisting of one slice of toast with a glass of water. The acidity of the gastric contents was then determined, samples being removed at intervals of fifteen minutes until the stomach was empty. The emptying time was noted in all cases. On the day following the normal test meal, a meal of stale bread and water was given, and on the third day a meal of fresh bread and water. Analyses were made for each sample removed, as for the normal.

From the study of the results as tabulated

* We have been able to carry on only a limited amount of experimental work to date, and the results must be considered in this light. More attention, however, will be given to the field of scientific research in the future, and the results of practical value will appear in these columns.

the following points may be noted:

1. (a) The maximum acidity of gastric juice reached in both fresh and stale bread meals was approximately twice that of the normal toast meal.

(b) The maximum acidity of gastric juice for stale and fresh bread was approximately the same.

TABLE I

TEST CASE	Maximum Acidity in Degrees		
	Toast	Stale Bread	Fresh Bread
No. 1.	35	55	68
No. 2.	45	80	76
No. 3.	60	68	84

2. The emptying time of the stomach required for stale bread is greater than that for toast.

TABLE II

TEST CASE	Emptying Time	
	Toast	Stale Bread
No. 1.	2 hrs.	3 hrs.
No. 2.	1½ "	1½ "
No. 3.	1½ "	1½ "

3. The emptying time required for fresh bread is considerably longer than that for stale.

TABLE III

TEST CASE	Emptying Time	
	Stale Bread	Fresh Bread
No. 1.	3 hrs.	3½ hrs.
No. 2.	1½ "	2½ "
No. 3.	1½ "	1½ "

DISCUSSION

When bread is toasted, a portion of it is dextrinized or partly digested. In this condition since the protein material may be more easily reached, it lends itself more readily to

Continued on page 28

Commencement Address

*Delivered by Doctor George Thomason, June 1, 1919, Loma Linda, California**

SUCH a wonderful occasion as this, anticipated through long years of hard study and service, looked for, hoped for and longed for by those who tonight emerge from the student life to that of graduates. Such an occasion, I say, demands the filling of the hour with permanently helpful thoughts, with those things that you will be glad to carry away with you to remain in your hearts an inspiration and stimulation in all the days to come. And such a topic is "Service."

The very first thought suggested by service, is of others. No definition of service can give consideration to self or selfish interests. Real service is always the act of helping another or of promoting his interests, well-being or happiness. This self forgetfulness lends a charm to service, whether it be in the sudden, spontaneous service of the unexpected opportunity, or whether it be in the calm, deliberate pursuit of the habitual service.

A few years ago, off the coast of California, a passenger steamer struck a rock. Many of the passengers and crew were struggling in the water; many were going down to a watery grave. A sailor was clinging in safety to a bit of wreckage sufficient in size to sustain one. A woman came struggling to the surface near this sailor and his plank. Without a moment's hesitation he said, as he pushed the bit of driftwood within her grasp, "Madam, take this and be saved. You need it worse than I," and he was immediately gone. He made the supreme choice of purely unselfish service in the moment of sudden opportunity, and he made the supreme sacrifice in doing this service.

It will never be possible to record in this world the countless deeds of heroism performed by medical workers in the great world battle so recently ended. Occasionally we hear a few details as illustrations of what must have been enacted thousands of times on the field of battle and in the hospital. Here is the report of one:

Doctors and a band of nurses in a hospital during the battle of the Somme experienced terribly fierce fighting on every side of them. Three times they were ordered by the

commanding officer to evacuate their hospital and flee. The doctors begged to be allowed to stay. They did stay, and every nurse, fourteen of them, volunteered and remained with the doctors. One night between 7 P.M. and 4 A.M., three surgeons with the aid of the nurses performed twenty-six consecutive major operations. One of the surgical staff, writing to an American friend, summed up the whole motive when he said, "We intend sticking as long as there are wounded to succor." That is the heroism born of facing danger until there is no thought of personal safety, no thought save

A PRAYER

MY FATHER, I ask Thee this day for Thy sweet presence in my life. Give me the understanding that though I be endowed with many earthly riches, I am no more a part of Thee than my brother who has naught to call his own. Father, keep my heart pure and clean that it may be akin to that of a little child. Purge all the unlovely from me if need be in the fires of affliction. Let not a frown mar my countenance, but may the windows of my soul be illumined by the light of love and truth within. Grant me a part in the world's work, and strength for that which awaits me. Grant me the courage to champion the cause of truth whenever that may be needful. Father, crown me with resignation to Thy holy will, no matter in what agony of soul it may be born, that peace and love may abide with me always. Amen.

—M. M.

for the wounded and suffering needing ministry.

Service determines character as character is the development of service. Aside from service there is no character worthy of the name. You cannot isolate a kind and loving heart from deeds of kindness and charity. The daily repetition of acts of service is the die in which character is cast. Someone has said—"He is good that doeth good to others. If he suffers for the good he does, he is better still; and if he suffers from them to whom he did good, he has arrived to that height of goodness that nothing but an increase in his

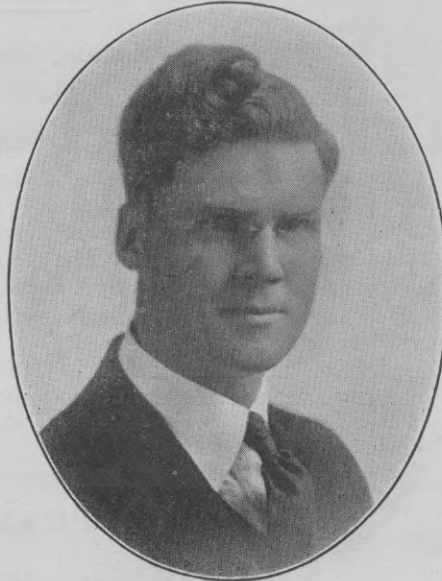
* Lack of space has made it necessary to extract Doctor Thomason's address.

The Class of 1919, Colleg

MEDICINE AND



H. G. HUMMEL, A.B.
Interne, White Memorial Hospital



H. E. SCOLES
Assistant to Physician, Eureka



J. EARL GALLOWAY
Interne, White Memorial Hospital
Appointment

MEDICAL EVANGELISTIC



From left to right: Upper row, Miss Sue Nary, Miss Treber, Mrs. Perry, Miss Samson. Lower row, Mr. Thomas Gallion, Mr. Fred Miller, Mr. Frank Smith, Mr. Russell Hawkins, Mr. John Gallion.

BACCALAUREATE
11:00 A. M., June 1, 1919

March.....
Song, "Lift Him Up," Christ Church.....
Invocation.....
Vocal Solo.....
Sermon.....
Duet..... Me.....
Benediction.....

COMMENCEMENT
8:00 P. M., June 1, 1919

March.....
Violin Solo.....
Invocation.....
Vocal Solo.....
Address.....
Violin Solo.....
Presentation of Diplomas.....
March.....

College of Medical Evangelists

NE AND SURGERY



EARL GARDNER, A.B.
White Memorial Hospital, Under
Appointment for China



ROY A. FALCONER, B.S.
Interne, St. Helena Sanitarium & Hospital
Under Appointment for China



H. W. AMYES
Post-graduate Study at Edinburgh, Scot-
land, for British Degree

CALAUREATE

A. M., May 31, 1919

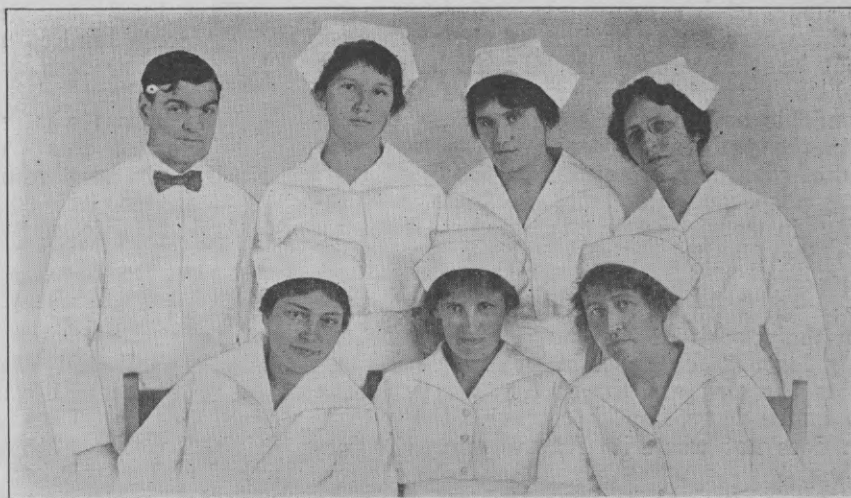
..... Mrs. H. E. Scoles
Christ in Song, 520, Congregation
..... Doctor E. H. Risley
..... Mrs. Wm. Hoff
..... Elder J. W. Christian
..... Messrs. Gardner and Lysinger
..... Elder N. J. Waldorf

COMMENCEMENT

A. M., June 1, 1919

..... Mrs. I. L. Casey
..... Mr. Robert Saunders
..... Elder J. W. Christian
..... Miss Celia Wallack
..... Doctor George Thomason
..... Mr. Robert Saunders
..... Doctor P. T. Magan
..... Orchestra

NURSES' TRAINING SCHOOL



From left to right: Upper row, Mr. John Lowther, Mrs. Frieda Huber-Paul, Miss Lydia Dupper, Mrs. Rosa Surch. Lower row, Miss Huldah Shultz, Miss Hazel Frisbie, Miss Maude Brayshaw.

sufferings can add to it; if it proves his death, his virtue is at his summit; it is heroism complete."

Picture for a moment the utterly useless existence aside from service, the aimlessness of the merely ornamental wall-flower, the satellite and appendages of society. These often rich, but miserably poor, self-satisfied creatures walk through the world with their heads in the air, breathing a little atmosphere of their own, congratulating themselves that the world goes very well without any contribution on their part. With no other aim, thought or ambition than that of self service, these parasites eke out a miserable existence, taking all and contributing nothing, constantly growing more selfish and self-centered until their worthless lives end in utter oblivion.

Not so he that serves his fellow men, for to him come power and development. The greater the service the greater the development. For a devoted soul and a consecrated life there is a daily program of service marked out by Him who notes the down-sitting and the uprising that makes for development in the highest degree. The carrying out of the daily program, the relating of one's self to life's opportunities, is mainly that which educates, that which develops, therefore the greater the service the greater the development.

Service is supremely dignified. It was infinitely dignified when the Son of God became the Son of Man. And any service, however lowly or simple, even be it the giving of a cup of cold water, if done in His name, is so dignified as to demand the attention of heaven. And after all, these so-called little cup offerings make up a considerable part of life. The hours of life are made easier for many by these services or harder by their absence.

But he that would be dignified, he that would be great, let him be servant of all. It is a laudable ambition to be great, but it must be in the pathway of service. We may lose sight of greatness in service in the thought of being a servant, but true greatness and humility in service are co-related. Greatness loses its dignity entirely in the feeling of greatness. Oh the beauty of humility in service; and there is no more beautiful thing than the service of the nurse, shut away entirely from public gaze, in humility ministering to the sick and the needy. She is like a rose in the desert; but her service though unseen does not waste its fragrance on the desert air.

There is much to be done and so little time in which to do it there must be a crowding of each day with efficient service. "Work for the night is coming when man's work is done." A desire to attain efficiency involves

a willingness to pay the price. Constant repetition of service means efficiency in service, just as an untiring practice in music develops the artist. Any successful artist is literally a slave to his profession. He can scarcely relax for an hour if he hopes to fully attain.

Aim at perfection of service. Michael Angelo said, "Nothing makes the soul so pure, so religious, as endeavor to create something perfect; for God is perfection and whoever strives for it strives for something that is Godlike. True painting is only an image of God's perfection, a shadow of the pencil with which He paints, a melody, a striving for harmony." All great masters would echo Michael Angelo's sentiment.

Mr. Maydole, the hammer maker of New York, said, "Yes, I have made hammers for twenty-eight years." "Well," said an inquirer, "then you ought to be able to make a pretty good hammer by this time." "No, sir," was the answer, "I never made a pretty good hammer. I make the best hammer in the United States."

Graduates, I say, will you by ever increasing efficiency in service show that your education has been worth the efforts of your teachers and the amount invested in you? It lies with you to demonstrate that you have been strong enough to assimilate your privileges and that you are able to use all you have learned for the benefit for which it was intended.

We are so fortunate to have been born as we are and environed as we have been, so that from sheerest gratitude our lives should blossom and flower into service. And this is true no matter how humble our position or situation.

"No stream from its source flows seaward,
How lonely soever its course, but what
some land is gladdened.

No star ever rose and set without influence
somewhere.

Who knows what earth needs from earth's
lowest creature?

No life can be pure in its purpose and strong
in its strife

And all life not be purer and stronger
thereby."

So, blessed be service! Its joy and reward will soon reach glorious culmination. "Blessed is that servant whose Lord, when He cometh, shall find so doing; for the King shall say unto them, I was an hungered and ye gave Me meat, I was thirsty and ye gave Me drink, I was a stranger and ye took Me in, naked and ye clothed Me, I was sick and ye visited Me; for inasmuch as ye did it unto one of the least of these, My brothers, ye did it unto Me. Come, ye blessed of My Father, inherit the kingdom prepared for you from the foundation of the world."



RATIONAL THERAPEUTICS



CONDUCTED BY MARY C. McREYNOLDS, M.D., AND FREDERICK BULPITT, M.D.

THERE are many ways of practicing the healing art, but there is only one way that Heaven approves. God's remedies are the simple agencies of Nature that will not tax or debilitate the system through their powerful properties. Pure air and water, cleanliness, a proper diet, purity of life and a firm trust in God, are remedies for which thousands are dying; yet these remedies are not popular because their skillful use requires work that the people do not appreciate. Fresh air, exercise, pure water and clean sweet premises are within the reach of all with but little expense; but drugs are expensive, both in the outlay of means and in the effect produced upon the system. . . . Prayer will give the sick an abiding confidence; and many times if their cases are borne to the Great Physician in humble trust, it will do more for them than all the drugs that can be administered." Volume 5, p. 443.

No one knows better how to adjust the working parts of a watch than the master hand that fashioned it and timed it to the regulator; no one knows better how to heal the maladies of the human body than the Creator who fashioned it in His own image. Inspiration points the direction in which to look for light; true science follows the light and often supplies the details.

Early in the messages to Loma Linda came this promise: "Rational methods for the cure of disease will be used in a variety of ways. Drugs will be discarded." "Loma Linda Messages," p. 6. Later came this: "It is the Lord's purpose that His methods of healing without drugs shall be brought into prominence in every large city through our medical institutions." "Loma Linda Messages," p. 70.

"Institutions for the care of the sick are to be established, where men and women suffering from disease may be placed under the care of God-fearing physicians and nurses, and be treated without drugs." Ibid. p. 77.

With this instruction came the further promise, "And as they conscientiously and faithfully follow right methods in their treatment of the sick, these methods will come to be recognized as preferable to the methods of nursing to which many have become accustomed, which demand the use of poisonous drugs." Ibid. p. 201.

Since at Loma Linda and our other medical institutions, poisonous drugs are not to be used, and rational methods with the use of simple remedies are to be adopted, it is a cause for gratitude to know that we may depend upon the Lord for these principles.

"At Loma Linda, at Washington, at Wahroonga, Australia, and in many other sanitariums established for the promulgation of the work of the Third Angel's Message there are to come to the physicians and to the teachers, new ideas, a new understanding of the principles that must govern the medical work." Ibid. p. 35.

These principles and the methods of applying them are to be taught to those who work in medical lines,—whether in the sanitariums or in the home,—for indeed, "every home should be a sanitarium."

"We must have instructors who will teach the science of healing without the use of drugs." Ibid. p. 202.

"Special instruction should be given in the art of treating the sick without the use of poisonous drugs, and in harmony with the light that God has given." Ibid. 201.

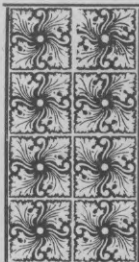
"Our time is soon to close, and we are now to place ourselves in working order in God's way." Ibid. p. 95.

In the above quotation, "God's way" in the use of remedies is plainly set forth in clear distinction to the "many ways of practicing the healing art" which are rife in the world today. "The Lord will bless our earnest efforts to relieve the suffering of humanity. It is not by the use of poisonous drugs that this work will be done, but by the use of simple remedies." Ibid. p. 169.

From a late article by Captain Hughes Means, U. S. A., of the Surgeon-General's Office, Washington, D.C., which appeared in the May number of the "Ladies' Home Journal," the following authoritative and very significant statements are taken:

"There is no drug that will cure a fractured backbone; nor are there any that will cure pneumonia, tuberculosis, rheumatism, sciatica, heartache, homesickness, or three-quarters of the other ills flesh is heir to. If there were such, doctors would use them. Medicine has gone out of style."

Continued on page 24



Medical Missionary Evangelism



CONDUCTED BY G. B. STARR

TRUE medical evangelism is the gospel in action. It is going about doing good, and doing good intelligently, expertly. It is discerning the footprints of Jesus by the bedside of the sick and suffering today, and stepping into these footprints and becoming workers together with Him. It is pointing the suffering to the Lamb of God that bears away the sin of the world, and at the same time acquainting them with Jesus as the One who can heal all their diseases and redeem their life from destruction. Psalms 103:3-5.

It is the union of the medical and the evangelical. This union was first introduced in early Bible times when the priest was also the physician deciding upon all cases of leprosy and other infections relating to the individual and to the community.

THE FIRST COLLEGE OF MEDICAL EVANGELISTS

Medical evangelism reached its high point, its perfection, in the life and ministry of Jesus. He not only practiced this united ministry, but He organized the first college of medical evangelists for the training of others to carry forward the good work He had begun. He enrolled eighty-two students in this first school—the twelve and the seventy. In the open-air college they lived with Him, heard His talks, saw His cures, assisted in the handling of large audiences, and then went forth, two and two, into all the villages and cities of Palestine to practice what they had learned. So great was the success of these first students of Christ, that it is written, that by their hands many signs and wonders were wrought among the people, “insomuch that they brought forth the sick into the streets, and laid them on beds and couches. . . . There came also a multitude out of the cities round about into Jerusalem bringing sick folks, and they were healed every one.” Acts 5:12-16.

We believe it is the will of God that this united ministry should be repeated in the last days when the suffering world should need it most. Satan is the great destroyer of mankind. Jesus is the great Healer and Restorer. He would make, through His people, another final and triumphal revelation of His own life and work.

“The last rays of merciful light, the last

message of mercy to be given to the world, is a revelation of His character of love. The children of God are to manifest His glory. In their own life and character they are to reveal what the grace of God has done for them.” “Christ’s Object Lessons,” pp. 415, 416.

RESULTS OF HIS WORK

“The revelation of His own glory in the form of humanity, will bring heaven so near to men, that the beauty adorning the inner temple will be seen in every soul in whom the Saviour dwells. Men will be captivated by the glory of an abiding Christ, and in currents of praise and thanksgiving from the many souls thus won to God, glory will flow back to the Giver.”

Christ could say to His Father, “I have glorified Thee on the earth. I have represented Thy mercy, Thy compassion and Thy love, Thy healing, restoring power. I have revealed Thee to men.”

Now, at this time, “there is nothing Christ desires so much as agents who will represent to the world, His Spirit and character. There is nothing the world needs so much as the manifestation through humanity of the Saviour’s love. All heaven is waiting for channels through which can be poured the holy oil to be as joy and blessing to human hearts.” Ibid. p. 419.

Graduate nurses, experienced canvassers who have a talent to speak, to minister to the sick, to teach the truth, licentiates who wish to unite the medical and evangelistic in their ministry, and obtain a training to be doubly useful,—all who wish to be so trained that they may be permitted to continue to work when ministers, evangelists, and colporteurs are to be restrained from working, ought now to enter training classes for this blessed work.

“The nurses who are trained in our institutions are to be fitted up to go out as medical missionary evangelists, uniting the ministry of the Word with that of physical healing.” Volume 9, p. 171.

CHRIST THE FOUNDER OF LOMA LINDA COLLEGE OF MEDICAL EVANGELISTS

The same Jesus who healed the sick and preached the gospel in Palestine has, through

His Spirit, led in the establishment of the present College of Medical Evangelists, and selected its location at Loma Linda. He foresaw the difficulties under which His servants would have to labor in the close of time, and "He who understands the necessities of the situation, arranges that advantages should be brought to the workers in various places to enable them more effectively to arouse the attentions of the people. He desires all to become acquainted with His ministry of healing and with the mercy seat."

He says, "Henceforth medical missionary work is to be carried forward with an earnestness with which it has never yet been carried. This work is the door through which the truth is to find entrance to the large cities." Volume 9, p. 167. Through this work we are to reach souls in the highways and byways. Let the Lord's work go forward. In every large city there should be a representation of true medical missionary work.

"It is the Lord's purpose that His method of healing without drugs shall be brought into prominence in every large city.

"Let many now ask, 'Lord, what wilt Thou have me to do?'" The Lord responds: "The Lord speaks to all medical missionaries, saying, 'Go, work today in My vineyard to save souls.'" Volume 1, pp. 168, 169. "Go help fulfill My purpose that in every large city there shall be a representation of true medical missionary work." To meet this great design of God, He says: "Thousands are to be trained as medical evangelists," and He names the places where many of these are to receive their training.

"We should appreciate Loma Linda as a place which the Lord foresaw we should need, and which He gave us. There is a very precious work to be done in connection with the interests of the sanitarium and the school at Loma Linda, and this work will be done when we all work to that end, moving unitedly in God's order.

"At Loma Linda many can be educated to

work as missionaries in the cause of health and temperance. Teachers are to be prepared for many lines of work. Schools are to be established in places where as yet no efforts have been made. Missionaries are to go to other states where little work has been done. The work of promulgating the principles of health reform must be accomplished." Volume 9, p. 177.

This outlines a great and blessed work,—the education of teachers to go to other schools, and thus multiplying rapidly the number of medical missionary evangelists. We are assured that "with Christ as our educator, we may reach a high standard in the knowledge of the true science of healing." Volume 9, p. 177.

"The grace of Jesus Christ will give wisdom to all who follow the Lord's wisdom of true education. Let students follow closely the example of the One who purchased the human race with the costly price of His own life. Let them appeal to the Saviour and depend upon Him as the One who heals all manner of diseases. The Lord would have the workers make special efforts to point the sick and suffering to the Great Physician who made the human body.

"He has directed in the establishment of our sanitariums, and in the building up of our schools close to our sanitariums, that they may become efficient mediums in training men and women for the work of ministering to suffering humanity.

"The Lord would have His people come to Him for their power of healing. He will baptize them with His Holy Spirit, and fit them for a service that will make them a blessing in restoring the spiritual and physical health of those who need healing." Ibid. 178.

"If the Lord has ever spoken by me, He speaks when I say that workers engaged in educational lines, in ministerial lines, and in medical missionary lines must stand as a unit, all laboring under the supervision of God, one helping the other, each blessing each." Ibid. p. 169.

"Whether in foreign missions or in the home field, all missionaries, both men and women, will gain much more ready access to the people, and will find their usefulness greatly increased, if they are able to minister to the sick."—White.

"All gospel workers should know how to give the simple treatments that do so much to relieve pain and remove disease." White.

Gospel workers should be able to give instruction in the principles of healthful living. White.

"Christ is no longer in the world in person to go through our cities and towns and villages, healing the sick. He has commissioned us to carry forward the medical missionary work that He began." White.

"Every practice which destroys the physical, mental, or spiritual energies is sin." White.

"Health is to be secured through obedience to the laws that God has established for the good of all mankind." White.



SERVICE

FRANCIS M. BURG

THE service flag has been a familiar emblem in our land since the day when the United States entered the great war. In taking up arms as an ally of other nations whose people loved liberty better than life, our nation devoted all its resources,—its money and its man-power, to the service of humanity. Municipalities, churches, schools, fraternal orders, factories, commercial concerns, and families, yielding their young men to enter the service of their country, displayed before the public this testimony of their devotion to the common welfare,—in a field of white a star or stars indicated the number who had gone out to make, if necessary, the supreme sacrifice. This was done in order that the menace which was threatening everything that is sacred to man, might be shorn of its power. This consecration of its most valued treasure to the good of mankind was indeed a sacrifice on the part of our country. So it was also to the fathers and mothers, brothers and sisters, who saw the young men, the pride of many homes, torn from their embrace to go “over there,” and possibly never to be embraced by them again. To these young men it was a sacrifice which could be appreciated only by themselves.

Now we turn to the greatest sacrifice ever made: “God so loved the world that He gave His only begotten Son, that whosoever believeth in Him should not perish, but have everlasting life.” John 3:16. “In this was manifested the love of God toward us, because that God sent His only begotten Son into the world, that we might live through Him.” 1 John 4:9.

“Praise and adoration was poured forth for the self-denial and sacrifice of Jesus, in consenting to leave the bosom of His Father, and choosing a life of suffering and anguish, and an ignominious death, that He might give life to others.

“Said the angel, ‘Think ye that the Father yielded up His dearly-beloved Son without a struggle? No, no! It was even a struggle with the God of heaven, whether to let guilty man perish, or to give His darling Son to die for him. Angels were so interested for man’s salvation that there could be found among them those who would yield their glory and give

their life for perishing man. ‘But,’ said my accompanying angel, ‘that would avail nothing.’ The transgression was so great that an angel’s life would not pay the debt. Nothing but the death and intercession of God’s Son would pay the debt, and save lost man from hopeless sorrow and misery.” “Early Writings,” p. 127.

So when the gift of God appeared as a babe among men,—when “unto us” a Child was born and a Son was given, His star was seen in the heavens, and the angelic choir sang over the plains of Judea, “Glory to God in the highest.” Who can look upon the star-spangled heavens at night but his thoughts will turn to the “unspeakable Gift” of God to save a lost world! He has surely established His faithfulness in the very heavens. Psalms 89:2.

Said Daniel the prophet, “They that be wise shall shine as the brightness of the firmament; and they that turn many to righteousness as the stars forever and ever.” Daniel 12:3. So God calls men and women to share with Him in the great sacrifice for the highest good of others. The world is lost, and all must be saved whom sacrifice and service can rescue. “For the love of Christ constraineth us; because we thus judge, that if One died for all, then were all dead;

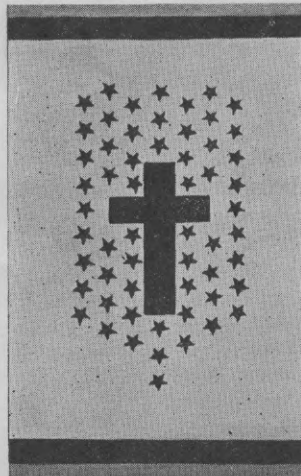
“And that He died for all, that they which live should not henceforth live unto themselves, but unto Him which died for them, and rose again.” 2 Cor. 5:14, 15.

“For unto you it is given in the behalf of Christ, not only to believe on Him, but also to suffer for His sake.” Phil. 1: 29.

“If so be that we suffer with Him, that we may also be glorified together.” Rom. 8:17.

The Loma Linda College of Medical Evangelists is one of the many schools which God has established to prepare young men and young women to go out into the world-wide field, making the supreme sacrifice, if necessary, to show to lost men the way to God and to bring the light to the millions who are perishing in the dark. The school has adopted a service flag, as shown on this page. The cross in the center is the emblem of the greatest sacrifice ever made,—all told in John 3:16.

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OUR SANITARIUMS

CONDUCTED BY H. W. VOLLMER, M.D.

"The Lord, years ago, gave me special light in regard to the establishment of a health institution where the sick could be treated on altogether different lines from those furnished in any other institution in our world. It was to be founded and conducted on Bible principles, as the Lord's instrumentality, and it was to be in His hands one of the most effective agencies for giving light to the world. It was God's purpose that it should stand forth with scientific ability—with moral and spiritual power, and as a faithful sentinel of reform in all its bearing. All who should act a part in it were to be reformers, having respect to its principles and heeding the light of health reform shining upon us as a people." Volume 6, p. 223.

"In that day," saith the Scripture, "there shall be a fountain opened to the house of David and to the inhabitants of Jerusalem for sin and for uncleanness." Zech. 13:1. The waters of this fountain contain medicinal properties that will heal both physical and spiritual infirmities.

From this fountain flows the mighty river seen in Ezekiel's vision. "These waters issue out toward the east country, and go down into the desert, and go into the sea; which being brought forth into the sea, the waters shall be healed. And it shall come to pass, that everything that liveth, which moveth, whithersoever the rivers shall come, shall live. . . . And by the river upon the bank thereof, on this side and on that side, shall grow all trees for meat, whose leaf shall not fade, neither shall the fruit thereof be consumed; it shall bring forth new fruit according to his months, because their waters they issued out of the sanctuary; and the fruit thereof shall be for meat, and the leaf thereof for medicine." Eze. 47:8-12.

"Such a river of life and healing God designs that, by His power working through them, our sanitariums shall be." Volume 6, p. 227, 228.

"Our . . . sanitariums are to be centers from which a work of healing, restoring and educating shall be carried on." Ibid. p. 225.

Note that the above statement from the Spirit of Prophecy does not say that our sanitariums are to be merely centers in which the work of healing, restoring and educating is to be carried on, "but centers from which the work of healing, restoring and educating

shall be carried on,—meaning, that as seen in Ezekiel's vision, our sanitariums are to be the fount from which rivers shall flow, and that whithersoever the river shall come, shall be found the work of healing, restoring and educating.

Of the great Medical Evangelist it is written: "The Saviour's work was not restricted to any time or place. His compassion knew no limit. On so large a scale did He conduct His work of healing and teaching that there was no building in Palestine large enough to receive the multitudes that thronged to Him. On the green hillslopes of Galilee, in the thoroughfares of travel, by the seashore, in the synagogues, and in every place where the sick could be brought to Him, was to be found His hospital." "Ministry of Healing," pp. 17, 18.

True it is, our sanitariums are to be centers for this great work, and the abundant opportunity offered to work for the sick and suffering, has resulted in a healing of both soul and body for many. "Our sanitariums have been the means of elevating the truth for this time and bringing it before thousands."

"Many go away from our sanitariums with new hearts. The change is decided. These returning to their homes are as lights in the world. The Lord makes them His witnesses; their testimony is, 'I have seen His greatness, I have tasted His goodness, come and hear, all ye that fear God, and I will declare what He has done for my soul.'" Volume 6, p. 226.

Not only do these sanitarium guests receive healing for their own soul and body, but as they return to their homes they will become rivers of healing to their neighbors. "Thus through the prospering hand of God upon them, our sanitariums have been the means of accomplishing great good, and they are to rise still higher. God will work with the people who will honor Him." Ibid. p. 226.

Are we, in our sanitariums, making the most of the opportunities of carrying on such an educational work with our patients?

But this is not all of the picture. Do we not have in the nurses who are trained in our sanitariums, the rivers of Ezekiel's vision; nurses who are going out to the needy places of the desert and the sea of earth's multitudes carrying the "waters that will heal both physical and spiritual infirmities"?

"The nurses in our sanitariums are to be

fitted up to go out as medical missionary evangelists uniting the ministry of the Word with their ministry of physical healing." But before they can go out to teach others, they themselves must experience the power of this same message in their own lives, that they, by precept and example, may teach others. In this they are following the example of the great Medical Evangelist, of whom it is said, "The Saviour made each work of healing an occasion for implanting divine principles in the mind and soul. This was the purpose of His work."

"Our sanitariums must give to those who come seeking for relief from their infirmities something more than merely physical healing. Unless we can teach them the principles of health and the sacredness of their body, leading them to a knowledge of heavenly things, we have no excuse for conducting sanitariums. Just so, unless we can give our nurses the training which will fit them to do service as our Master did, there is no excuse for our conducting nurses' training schools."

One of the heaviest obligations resting upon our sanitariums today is to prepare workers who will go out, not only to the heathen lands, but to our own Seventh-day Adventist churches with this same gospel of healing, restoring and educating. We are years behind in this part of our gospel program. "The medical missionary work should be a part of every church in our land." This recent epidemic and world war has emphasized the great need of such a work, and everyone of us must have been brought face to face with the necessity of such an educa-

tion in our own experience.

"We have come to a time when every member of the church should take hold of medical missionary work." The world is a lazar-house filled with victims of both physical and spiritual disease. Everywhere people are perishing for lack of a knowledge of the truths that have been committed to us. The members of the church are in need of an awakening, that they may recall their responsibility to impart these truths. Those who have been enlightened by the truth are to be light-bearers to the world. To hide our light at this time is to make a terrible mistake. The message to God's people today is, "Arise, shine, for thy light is come, and the glory of the Lord is risen upon thee!" "Loma Linda Messages."

If, as we are told, the medical missionary work is the right arm of the message, has not the hour struck for every true Seventh-day Adventist to begin to exercise and develop the right arm of their own individual experience, that it may occupy its place in their life and that all may come up to the help of the Lord against the mighty enemy, sin, sickness and death, which is abroad in the land? Let each one ask, "Lord, what wilt Thou have me to do?" Surely this gospel of healing of soul and body has been given to Seventh-day Adventists for just such a time as this. The responsibility rests heavily upon our sanitariums to lead out in this great movement, and does not the urgency of the King's business demand that this be done without delay?

RATIONAL THERAPEUTICS

Continued from page 19

"The modern doctor has lost his old-time faith in drugs, for the simple reason that they do not always do what is claimed for them. Frequently, we have found out, they do more harm than good. A drug, for instance, may 'cure' a pain in the head, but do permanent damage somewhere else." Compare the following from the pen of Mrs. E. G. White:

"When drugs are introduced into the system, for a time they may seem to have a beneficial effect. A change may take place, but the disease is not cured. It will manifest itself in some other form... sometimes in a more dangerous and deadly form." "Disease and Its Causes," p. 61, in "How to Live," published in 1865.

"The light that God has given in medical missionary lines will not cause His people to be regarded as inferior in scientific medical knowledge, but will fit them to stand upon the highest eminence." "Loma Linda Messages," p. 92.

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It remains for us, then, to perfect methods for the use of the simple remedies that the Lord has put in Nature, and to bring to the suffering world a branch from that tree whose "leaves were for the healing of the nations."

It is the purpose of this department to bring before its readers these natural remedies, simple methods for their use, and some results secured by others in their use. Wherever it can be helpful, science and inspiration will be compared, and wherever it is necessary, common causes of disease and erroneous methods of medication will be pointed out. To the importance and the practice of rational therapy this department is dedicated.

Don't expect the Lord to answer a prayer for better health while you upset all of Nature's efforts at restoration by flagrant violation of health reform principles.

RESISTING THE NEXT EPIDEMIC

Continued from page 6

SOOTHING THE SYSTEM WITH A SPUR

During the recent influenza scourge, thousands of men and women lost their lives because Nature's reserves of energy had been previously exhausted. It is of the utmost importance that the body's reserve of nervous, muscle and secretory energy shall not be expended in mental and physical labor. The organism must hold in reserve, energy to supply the heart in order to keep the life current circulating. The stomach and digestive glands must receive energy to enable them to digest the food. The kidneys, liver, and other excretory organs require energy for their work of removing poisons from the blood, and the fighting defences of the body should be kept strong to enable us to resist disease.

The success of a military campaign depends upon the size and efficiency of the army of maneuver—the reserve army. This army does not engage in the "frontal fighting," but is held in reserve and carefully husbanded, instructed and trained, that at the opportune moment a decisive attack may be launched, characterized by its mass, its surprise and its speed, calculated to disorganize the enemy forces.

In an especial sense the white blood cells are the reserve army, the forces of maneuver in our bodies. The stimulants,—tea, coffee, cocoa, tobacco, strychnine, and alcohol, burn up the reserve of nerve energy, raise the blood pressure, excite the heart, burden the kidneys and liver, and batter down the body defenses against disease.

The sense of fatigue, which warns us of needed rest, is a valuable servant, a danger signal. Stimulants blunt the sense of fatigue, paralyze the warning sentinel, and while crying "peace" spur on to exhaustion.

Is it not time to abandon the use of tea, coffee, cocoa, irritating condiments and stimulating flesh meats which fever the blood and render the body less resistant to disease?

EAT FOR STRENGTH

It is not only essential that we eliminate the popular toxic beverages and the disease laden flesh meats from our diet, but it is also necessary that a liberal selection of natural foods be made, which will supply all the elements indispensable to healthy nutrition.

It is not sufficient to know that our food contains a proper caloric value, or that there is present an adequate per cent of body building protein, and heat and energy producing carbohydrates (starch and sugar). We must also be assured that the food has not been robbed of its life-giving minerals and those

mysterious, but vital elements, the vitamins. There is abundance of proof that the essential cause of pellagra and beri-beri (a form of multiple neuritis) is the absence of the mineral salts and vitamins from food.

On April 11, 1915, the German cruiser "Kronprinz Wilhelm" brought to our shores a veritable "poison squad." She had been roaming the high seas for eight months and fifteen days without touching any port. During this time her crew subsisted upon the supplies taken from the fourteen French and British merchantmen which she robbed and afterward sunk. These supplies consisted of an abundance of fresh meat, white flour, sweet biscuit, polished rice, potatoes, canned vegetables, condensed milk, sugar, tea and coffee. "At the time of landing, 110 of her crew of 500 were prostrated. The others were on the verge." These men were suffering from severe pains in the legs, swollen feet and ankles, rapid, weak heart action, shortness of breath, marked weakness in the legs and general prostration. The disease was beri-beri. The cure consisted in giving liberal quantities of "bran soup," vegetable broth, yolk of eggs, milk, whole wheat bread, fresh apples, and the juice of ripe oranges. Within four days, fourteen of the stricken men were able to leave the ship's hospital. Within ten days forty-seven men were pronounced "cured." They were given no drugs, their marvelous recovery followed the ingestion of the alkaline mineral salts, and the vitamins which had been absent from their food.

But what happens along the road of descent from a condition of health to pellagra or beri-beri? These terminal conditions, which result from extreme malnutrition and blood depravity, do not develop in a day. There are many intermediate stages, variously manifested as vague neuralgic pains, nerve exhaustion, biliousness, constipation, auto-intoxication, and so forth.

The ship's surgeon, Doctor Perrenon, said, "We had many cases of pneumonia, pleurisy, and rheumatism among the men. They seemed to lose all resistance long before the epidemic broke out. We had superficial wounds, and cuts to deal with. They usually refused to heal for a long time. . . . The broken bones were slow to mend. Nature was not doing her duty. Food is indeed the cause of much disease."

Foods that have been processed, and refined, and manipulated, and juggled are not health foods, but health fads, which weaken the body and prepare the way for disease.

Do you know that white rice, which has been scoured and polished and paraffined, is not wholesome food, and will not support the life of birds and chickens? Do you know that white flour is a demineralized, devitalized,

devitaminized food, and that bread made from it is a broken staff, and will not support life? Do you know that white bread is the direct cause of many white faces and much white blood, and many victims of the white plague? Do you know that white flour contains only one and one-half milligrams of iron, 146 mg. of potassium and eighty-six mg. of phosphorus, whereas, entire wheat contains five and two-tenths mg. of iron, 515 mg. of potassium and 489 mg. of phosphorus per 100 grams?

In the milling process by which bolted flour is made, eight of the sixteen elements found in whole wheat disappear, and the remaining eight are reduced to about twenty-five per cent of the original amount.

Thundering from the laboratories of the twentieth century the voice of God can be plainly heard echoing the health principles given to Seventh-day Adventists fifty years ago.

From Volume 2, p. 68, we quote, "Fine flour bread cannot impart to the system the nourishment that you will find in the unbolted wheat bread. The common use of bolted wheat bread cannot keep the system in a healthy condition. You have inactive livers. The use of fine flour aggravates the difficulties under which you are laboring. There is no treatment which can relieve you of your present difficulties while you eat and drink as you do." The same mighty truth is also clearly stated in "Ministry of Healing," p. 300.

"For use in bread making, the superfine white flour is not the best. Its use is neither healthful nor economical. Fine flour bread is lacking in nutritive elements to be found in bread made from whole wheat. It is a frequent cause of constipation and other unhealthful conditions."

The scrap heap of humanity is piling higher and higher. Many who escaped with their lives in the recent pestilence remain but the wreck of their former selves. Limping hearts, crippled lungs and kidneys, weakened nerves, disordered stomachs and livers are everywhere. Are we not in debt to the world for the advanced health principles given to us by Inspiration? Have we reaped all the physical benefits which might have been ours by faithful and consistent practice of these principles?

Is it not precious to know that God has a tender care for the physical well being of His children, and that if we will do our best to cooperate with Him we may claim His special blessing and protection? His promise is, "Thou shalt not be afraid for the terror by night . . . nor the pestilence that walketh in darkness, nor for the destruction that wasteth at noon-day. A thousand shall fall at thy side and ten thousand at thy right hand;

but it shall not come nigh thee. Because thou hast made the Lord, which is my refuge, even the Most High, thy habitation. There shall no evil befall thee, neither shall any plague come nigh thy dwelling." Ps. 91:5-10.

CAFFEINE BEVERAGES

Continued from page 7

may at times be interfered with in its work, and this is particularly true when considerable quantities of tannic acid are present. Tea is likely to cause constipation because of the superabundance of tannic acid. The muscular system shows an increased power and apparently greater endurance. Fatigue is likely to come early, especially if the dose is large. The heart is stimulated through the nervous system and by direct action of the heart muscle. This may produce palpitation and cardiac discomfort. The respiration is stimulated in moderate doses, but in larger ones there is difficult breathing. The kidneys are also stimulated with a resulting increased output of urine. When a poisonous dose is given there is general nervous irritability and excitation, the heart is irregular, the blood pressure falls, and death may follow by failure of the heart or respiration.

In chronic poisoning, that is, where the drug is used as a beverage for long periods of time, the digestive system suffers to a marked degree, the heart is irritable and irregular, the individual suffers from insomnia, headache, disturbed vision and unsteadiness in movement. Used as a drug, caffeine has a tendency to make the patient nervous and irritable. He will realize his condition more keenly, and thus the very purpose of treatment may be nullified, since the physician, as a rule, desires to have his patient calm and restful and able to sleep. Another point in the use of caffeine as a drug is its variable action in different individuals, some being quite markedly affected by it and others showing little reaction. In view of this it becomes a rather uncertain quantity in the treatment of disease.

THE TEA AND COFFEE HABIT

The continued use of these beverages calls for their repetition in somewhat the same way as the use of alcoholic liquors. We thus find the habit a difficult one to break. Long continued use of these products generally results in nervous, digestive, and heart disorders. The individual's ability to stand the drug well, may increase for a time, but later he is likely to become less able to endure it. The feeling of satisfaction and well-being experienced by those who use coffee and tea is due to the action of the volatile oil in the product and to the definite stimulation of the nervous system by the caffeine. Upon careful

consideration it appears very clear that the use of these products is a wasteful method of stimulating the ability to do work, and further it is not in harmony with the highest dietetic principles. We find, too, that in place of conserving the energies of the body it increases the wear and tear of the tissue.

WARNING AGAINST USE

The following quotations give us an idea of tea and coffee as dietary accessories: "Tea, coffee and tobacco as well as alcoholic drinks are different grades in the scale of artificial stimulants. . . . The effect of tea and coffee tends in the same direction as that of wine and cider, liquor and tobacco. . . . Tea is a stimulant, and to a certain extent produces intoxication. First effect, exhilaration, because it quickens the motions of the living machinery. Second effect, headache, wakefulness, palpitation of the heart, indigestion, trembling and many other evils. . . . Coffee is a hurtful indulgence, its after effect is exhaustion, prostration, paralysis of the mental, moral and physical powers. . . . All these nerve irritants are wearing away the life forces, and the restlessness caused by shattered nerves, the impatience, the mental feebleness, become a warring element antagonizing to spiritual progress. . . . In some cases it is as difficult to break up the tea and coffee habit as it is for the inebriate to discontinue the use of liquor. . . . The money expended for tea and coffee is worse than wasted. . . . The habit of drinking tea and coffee is a greater evil than is often suspected. . . . Opium, tea, coffee, tobacco and liquor are rapidly extinguishing the spark of vitality still left in the human race." "Christian Temperance," pp. 34-37.

"The use of unnatural stimulants is destructive to health and has a benumbing influence upon the brain, making it impossible to appreciate eternal things." Volume 1, p. 549. "Tea and coffee do not nourish the system. The effect obtained from them is sudden, before the stomach has had time to digest them. This shows that what the users of these stimulants call strength, is only received by exciting the nerves of the stomach, which convey the irritation to the brain, and this in turn is aroused to impart increased action to the heart, and short-lived energy to the entire system. All this is false strength, that we are the worse for having. They do not give a particle of natural strength." Volume 2, p. 65. "Never be betrayed into indulging in the use of stimulants; for this will result, not only in reaction and loss of physical strength, but in a benumbed intellect." Volume 4, p. 214.

"Among the poisons which must be kept out of the body should be mentioned habit

forming drugs, such as opium, morphine, cocaine, heroin, chloral, acetanilid, alcohol, caffeine and nicotine. The best rule for those who wish to obtain the highest physical and mental efficiency is total abstinence from all substances which contain poisons, including spirit, wine, beer, tobacco, many much-advertised patent drinks served at soda-water fountains, most patent medicines and even tea and coffee. . . . The natural tendency of drug taking is from weak ones to strong ones. . . . Experiments at the Pasteur Institute have shown that long continued use of very minute doses of poison ultimately produce appreciable harm." Fisher and Fisk in "How to Live," pp. 65, 66.

SERVICE

Continued from page 22

The fifty-eight stars which adorn the field of white, represent as many young people who have enjoyed the benefits of more or less time in this school which God added in 1905 to the many others already planted to train young people for service. These fifty-eight young people, though but a fraction of those who have been in our school during these years, have gone out into different countries,—The Hawaiian Islands, Java, China, Central America, South America, Panama, Africa, India, Friendly Islands, The Philippine Islands, Burma, Japan, and Jamaica. Some of them are graduates from the medical or other courses, and others, after having attended our other schools, have spent a few months or a year or two here to get the benefits of the special training that is offered in this place.

The reason why God gave birth to the school is that the gospel message might not be without its "right hand." So the Third Angel's Message means the same to our medical college as it does to all our schools; and the special courses of study and training that are offered here have the same objective,—the spread of the message and the salvation of those who know not God. We therefore expect to see the necessity of having a larger flag, that will afford room for many more stars as our young people go forth to far-off places in service for the Master. When the work is done and crowns are given, some will be heavy with stars because of souls they have brought to Christ.

It is time for Seventh-day Adventists to "right about" on the question of flesh eating. The church member who uses flesh is not true to principle. He is not only injuring himself, but the cause which he is supposed to represent.

RELATIVE DIGESTIBILITY OF BREAD

Continued from page 14

the action of the digestive juices. Digestion therefore progresses more rapidly, as is shown in Table II.

After coming from the oven, bread is said to "stale" in from twelve to twenty-four hours. It readily crumbles under the fingers, and if placed in water falls apart easily. Fresh bread, on the other hand, may be rolled up into a lead-like ball, which is practically impervious to water. During the staling process no digestive action occurs. The bread is simply changed into a form which for physical reasons is more easily acted upon than the fresh. Different theories are advanced to explain the changes which take place during the staling process. Various authorities assert that in staling, some of the water combines with the flour, forming a new compound, which disassociates on further heating. This explains why stale bread, by heating, may be brought back to a state resembling fresh bread as it originally came from the oven. Other men advance the theory that the change is due to the shifting of the moisture from crumb to crust—the reverse of which takes place on again heating.

As shown by the data obtained in this experiment (see Tables I and III), fresh bread is more difficult of digestion than either toast or stale bread. When fresh bread is taken into the mouth and masticated it forms a tenacious, gummy, rubber-like mass which is extremely difficult for the digestive juices to work upon, since only the surface of the mass can be reached. In the case of the stale bread the material crumbles into small bits and is more easily acted upon by the gastric secretions.

Due to the delay of fresh bread in the stomach because of its resistance to the digestive juices, the concentration of the acid mounts higher (see Table I).

The yeast germs, not destroyed in the process of baking, are in the centers of the doughy masses and, not being reached and killed by the hydrochloric acid, begin to multiply. Fermentation with the production of alcohol and gases result. This may lead to heart burn and other symptoms of dyspepsia.

CONCLUSIONS

1. Toast is easier to digest than either fresh or stale bread.
2. The emptying time of the stomach for fresh bread is considerably longer than for stale bread.
3. Fresh bread, because of the difficulty of digestion, causes delay and fermentation in the stomach, with production of alcohol and gases.
4. Bread should not be eaten before it is twenty-four to forty-eight hours old.

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The fine cut on our cover of Christ healing a sick child is a reproduction from the painting by Gabriel Max. This was secured by Elder Starr from the home of Mrs. Ryan, Long Beach, Calif., one of our sanitarium guests. A painting in oil, 2 by 4 feet, was also reproduced at the Wertz Studio of Long Beach, and used at the graduation exercises at Loma Linda, June 1, making a beautiful centerpiece over the rostrum, with the title, "Jesus the First Medical Evangelist." The painting will be hung in the sanitarium hallway. Prints from a cut, 4 by 7 inches, may be had at 15 cents each. Photos from original, 30 cents. Photos water colored, \$1.00. Slides, 30 cents; colored, 60 cents. THE MEDICAL EVANGELIST

"Most drug habits are simply ill-considered attempts to compensate for the wrong conditions of civilization. After a late evening we wake ourselves up with caffeine; we move our bowels with a cathartic; induce an appetite with a cocktail; seek rest from the day's fatigue and worries in nicotine, and put ourselves to sleep with an opiate. In these practices we are trying in wrong ways to compensate for insufficient sleep; insufficient peristalsis; indigestion and over-fatigue and insomnia, evils due to the disturbance of Nature's balance between work and play, rest and sleep."—Prof. Irving Fisher.

OUR RESPONSIBILITIES

Continued from page 5

to the world the restorative power of divine principles. In ancient Israel there was not a feeble one in all their midst. God would have it none the less true today. There should be no premature deaths amongst the people of God today. With all the light which has been shining upon the path of this people, every Seventh-day Adventist ought indeed to be a living epistle of these principles, known and read of all men. This is God's thought for us. Anything less than this means to disappoint God, to fail in our mission in the world and to leave in darkness those who should have the light of life.

To embrace this greatest of all the world's opportunities means to fulfill our mission in the world, it means our answer of life-giving principles to the need of a dying world. It means our response to the appeal of God to "Rise, shine, for thy light is come, and the glory of the Lord is risen upon thee. The Lord shall arise upon thee, and His glory shall be seen upon thee, and the nations shall come to thy light, and kings to the brightness of thy rising."

"It is the duty of every person, for His own sake, and for the sake of humanity, to inform himself in regard to the laws of life, and conscientiously to obey them." White.

THE MEDICAL EVANGELIST

A Journal Devoted to the Promulgation of Health Reform Principles

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THE Health Reform Message! Do you know what it is? Can you uphold our health reform principles, and meet the questions on how to live as well as those on doctrinal points? Are you preaching health reform in your life? Are you opening doors to the Third Angel's Message through your knowledge of God's methods for the conservation and the recovery of health? You have considered it a duty to be informed on the Sabbath question, the state of the dead, and the second coming of Christ; do you realize that it is just as incumbent upon you to be thoroughly enlightened on Seventh-day Adventist health principles?

We have toyed with health reform long enough. We have drugged our physiological therapy until God's rational methods are secondary to the allopathic dosage we pass out from a well stocked pharmacy. We are expected to be experts in dietetics,—we ought to be; we have been given special light,—but the one seeking help finds us no wiser than the family physician. Patent medicines are lauded as cure-alls in Seventh-day Adventist homes. The Lord cannot bless a half-hearted response to His instructions in these matters. The absence of marked Heavenly approval of our miserable mixture of two immiscible therapies is shown by the fact that we are the tail, and the last joint in the tail, whereas the Lord intended we should be the head. The world has caught a glimmer from the gem we have been kicking in the dust for the past twenty years, and has picked it up, polished it, and is making merchandise of it. Shame to Seventh-day Adventists,—the individual, the home, the institution.

It is time to awake from our sleep, and to

elevate the principles we have so ruthlessly relegated to a place of secondary importance. It is time for every family to realize that the home is to be an educational center for the neighborhood. It is time for us to appreciate the fact that the Third Angel's Message cannot be taught in its fulness without accompanying instruction on how to live. If we cannot go into a home and administer where sickness is found, if we cannot give simple dietetic instruction where it is needed, if we cannot offer suggestions on personal hygiene in homes suffering through ignorance of healthful living, we cannot give the full message.

As a people we have failed. We have failed through contempt, indifference, and ignorance. This is sin. The man, the woman, or the institution, content to remain in this state will not be found guiltless before the Throne of Grace. Let us in the home, obtain a vision of what the Lord expects of us. And, with a vision before us, let us away with ignorance, and ACT.

We believe that "The Medical Evangelist" can help you to act. We believe that you have need of just the kind of instruction that its pages will carry to you. The message it will bring is a message you have heard little of. If heeded, it will make your efforts at soul winning more effectual. Why? Because a knowledge of our dietetic and therapeutic principles will open doors now closed to the gospel; and because health reform principles, if incorporated into one's life, will increase physical and spiritual vigor. Soul winning is the only thing worth while these days. If "The Medical Evangelist" can help in the best paying business in this life, you should have it. It is a trade journal for the medical missionary evangelist—and every church member should be equipped to carry just such a title.

The Nurses' course in the Loma Linda Training School begins August 17. The course offers the special advantages to be found in a medical center. One year spent at the White Memorial.

Elder G. B. Starr has donated one hundred dollars to "The Medical Evangelist," to be applied to a publication fund. This fund will give us a substantial financial backing, and will be drawn on in making the paper bigger and better as conditions will permit. Elder Starr believes that "The Medical Evangelist" has a mission, and he believes it strongly enough to put one hundred dollars into it. Do you think it is a journal worth developing? If you do, let us know about it, and, if you can, give us concrete evidence of your cooperation by enclosing a check for this fund.

HISTORY OF LOMA LINDA

Continued from page 13

the light given by the Spirit of Prophecy have triumphed, and the work has prospered in their hands.

The question naturally arises, whence comes this wisdom revealed through the gift which is more than the combined wisdom of all the church besides?

As the message grew and developed it was this gift that led in the extension of the work into the regions beyond. In every department of the message, evangelical, educational, medical, and publishing, the Spirit of Prophecy has not only led the way, but has given light on how to conduct the different departments in such a manner as to bring success to the message as a whole. Again and again as the wisdom of men has failed and the work become hedged about in any of its departments, this gift has always given wisdom to set it free. The clear cut missionary policy laid out for all departments of the work by the Spirit of Prophecy, in contrast with the mercenary policy sometimes worked into it by the short sightedness of men, shows that the wisdom of this gift is from above.

When our educational work under the foster care of this gift first developed the Battle Creek College, it was a power in fitting men

and women to carry this message. Many of those who are now bearing responsibility in the cause received their first training at that place. The same was true of the early days of Healdsburg College, which was established and molded by the Spirit of Prophecy. But a change came over all our educational work. The wisdom of men molded our schools after the wisdom of the world. Instead of sending forth laborers into the mission fields, many were turning to worldly avocation and losing their love for the truth.

Whence came the wisdom to correct this error and turn our schools again into the pathway of life? It was the Spirit of Prophecy that started the wave of Christian education that has molded the entire denomination, and multiplied our Christian schools by the score. Shall we not learn to esteem more highly a gift that can bring such blessing and prosperity to the cause of God?

At the beginning of this message believers were few and widely scattered. There was no definite organization for the direction of the work. As believers came into the truth, it was manifest that some organization was necessary, but strange as it may seem now, the wisdom of men led them to oppose all organization. The Spirit of Prophecy shed light upon the perplexing situation, which resulted

HOW DO YOU LIKE IT?

Does this number of the Journal appeal to you? Is it helpful?
Does it bring a new thought to your mind?

"**THE MEDICAL EVANGELIST**" has a mission to fulfill, and must receive your interest and support to realize its purpose. It carries the message of health-reform that should reach every Seventh-day Adventist home. Help extend the field of its service.

WHAT A FEW OF OUR FRIENDS THINK OF "THE MEDICAL EVANGELIST"

Extracts from several letters that have come to us in the past few days:

A Sister—"I am glad to learn of the appearance of the publication, as I am much interested in medical missionary work."

A College Professor—"I shall be glad to have my name enrolled as a subscriber to the new medical journal."

A Sanitarium Business Manager—"We are taking pleasure in enclosing herewith our check in the amount of \$5.00 which we trust you will accept as a donation, and wish you success in your enterprise."

A Sanitarium Business Manager—"We are glad to help in any way we can to increase the circulation of this paper."

A General Conference Worker—"I am very much pleased that it is possible to start 'The Medical Evangelist.' I believe there is a great field for this among our people."

A Journal Devoted to the Promulgation of Health Reform Principles

Date

"The Medical Evangelist," Loma Linda, California

Enclosed please find dollars

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SEND IT TO YOUR FRIENDS.

in a simple form of organization for the protection and furtherance of the work, with the result that peace, harmony and prosperity came out of confusion. Later a centralizing power at the head of the work was brought in which resulted in retarding rather than fostering it. Missionaries in the field felt that their hands were tied. The work was languishing and resources were drying up. Where was the wisdom of men at this time?

Again the Spirit of Prophecy pointed out the difficulty and the remedy. As the light has been followed, relief has come and the message has gone with power. The resources have increased wonderfully. The great need of the hour is for consecrated men and women, whose faith has grown in grappling with difficulties, and in undertaking great things for the cause of God. The real object of every organization and institution connected with the Third Angel's Message is missionary; without this it is useless.

The publishing work, like every other department of the message was started under the light and fostering care of the Spirit of Prophecy. Its aim was missionary, but as the work enlarged it grew into a great commercial machine that was working more for the world than for the spread of the message. Men conceived the idea of centralizing our publishing work under one great combine. In some cases high wages were paid. The missionary spirit was leaving the work and the spirit of the world came in. The Spirit of Prophecy called for a change in our publishing work, and the distribution of the abundant facilities at the head of the work to assist plants in the more needy fields. The wisdom of men could see no light in it. God corrected this evil by letting His chastisement fall upon the publishing work. From a communication written from Australia I quote the following, "The God of heaven has been dishonored. You have found a place to invest means in various enterprises as though it were a virtue to leave My work in other lands to struggle in poverty. You have not shared your abundant facilities as you might have done, even though the sacrifice required might appear large to you." Had the light given this department been followed, how different the results might have been. Note the result when the light was followed. The prosperity of God has been seen all through our publishing work. Instead of competing in the commercial world, every publishing house is crowded to its utmost capacity in publishing the truth for this time. Hundreds of our young people from our schools are carrying the printed page into the homes.

All who are acquainted with the development of the medical work, know that it was the testimonies that first turned the attention

of this people to the importance of establishing sanitariums and medical missionary enterprises all over the world. Wonderful light has been given in every detail of the medical work, and, as the light has been followed, success has attended it. The policy outlined for this branch of the work, like every other, has been missionary, educational, and evangelical; and when it was in danger of being molded in wrong lines, messages were sent to the head of the work to save it from ruin. A centralizing power was entering into the work. Those in charge were losing sight of the regions beyond. Again I quote from a communication from Australia: "Then the test came upon the sanitarium. God has given them prosperity, not to be a means of self-exaltation, but that they might impart of their substance. When His servants were sent to Australia, you should have understood that God would work through them, and you should have exercised liberality in appropriating means to advance the work. The medical missionary work should, ere this, have been established on a solid foundation. There should be no withholding of means. The Lord has let His chastening hand fall upon the Review and Herald office because they would not heed His voice. Self-sufficient managers hedged up the way that His work could not advance. The Lord calls upon the Battle Creek Sanitarium to extend her work and to place the health institution here upon a broader basis. This should have been done two years ago. The withholding tends to poverty."

The result of failing to heed the light sent by the Spirit of Prophecy is now manifest in the destruction of that institution, and the present situation at the former head of our medical missionary work. Had the brethren at the head of this department accepted the messages sent, we should today see the same prosperity attending this department that has come to others as they followed the light.

Doubtless God has permitted these things to come upon His people that they might see the folly of trusting in men, however great their influence, and that His people might learn to believe in God and the Spirit of Prophecy, that established prosperity might follow their efforts to establish His cause.

Those who claim that a little flesh is essential to health and well-being, are governed by appetite and deceived through ignorance.

A Seventh-day Adventist who uses tea and coffee is not making very much headway toward Heaven. These things defile the temple of the living God.

The Glendale Sanitarium

Delightfully situated near the Verdugo Mountains eight miles from Los Angeles by Pacific Electric Railway.



Young men and women, this is a call to you to prepare yourself for greater usefulness in the Lord's vineyard.

The recent epidemic found many of us unprepared. Were you as well prepared as you would like to have been?

Opportunity knocks at your door to-day. Why not get ready to be of real service to others?

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We are affiliated with the White Memorial Hospital in Los Angeles.

Write to-day for our Training School Booklet giving detailed information. Address Superintendent of Nursing School, Glendale, Sanitarium, Glendale, California.

TO ADVENTIST PHYSICIANS

THE WRITER believes in COOPERATION, hence his investment in this advertising space. However there is another motive in the announcement:

In Glendale, California, there has been established a "laboratory of applied endocrinology" where problems about **the internal secretions** and **organotherapy** are being worked out. This institution is supported by the manufacture and sale (to physicians, druggists and medical institutions only) of certain glandular remedies which are well worthy of the consideration and confidence **of every one of our physicians**. The underlying philosophy of this method is sound, and fits in splendidly with so-called "sanitarium methods." It will be explained fully (to physicians) on request.

Problems pertaining to endocrine disorder are welcomed, and the writer will be glad for the opportunity to cooperate with correspondents as well as to have readers cooperate with him to further the laudable interests of his laboratory.

"The Organotherapeutic Review," published monthly, will be sent gratis to any physician. **Every Adventist physician ought to be interested.** Address: Glendale, California.

Henry R. Harrower

*Where Nature smiles and beauties abound,
With wealth of flower and tree, and
great mountains circling round.*



The Loma Linda Sanitarium

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The Loma Linda Sanitarium

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